



Ka Spah Mariang Ha Meghalaya



S. Khongsit

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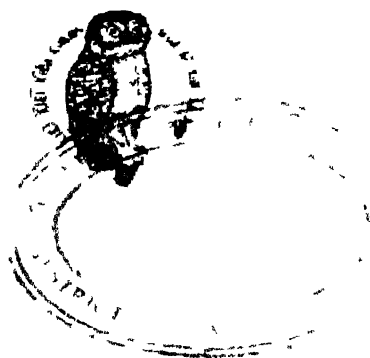
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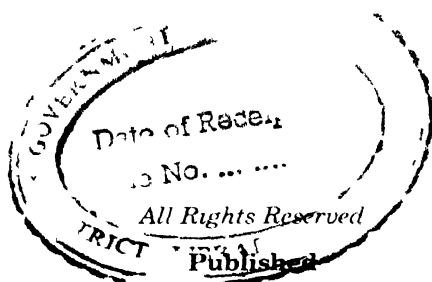
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Ka Spah Mariang
Ha
Meghalaya



S. Khongsit

K.B.S.
Price Rs 30.00



Mrs Swila Khongngam
"Shynna Diengnei Cottage"
San Mer, Upper Shillong, Shillong-793009 (Meghalaya)

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JINGSNGEWNGUH

Ha kaba pynmih ia kane ka kot, nga pynpaw ka jingsngewnguh eh ia ki paralok kiba la iarap khlem tyngkai shuh haba nga wad jingtip na ki. Nalor ba ki la iarap ha la ka jong ka bynta, ki la pynshlur bad ai mynsiem ruh ba nga dei ban pynmih ia kine ki jait kot.

Lyngba kane ka jingthoh, nga pynpaw ka jingsngewnguh eh ia I Bah Deesmest Warjri na Nongsawlia iba la ai bun ki jingtip, I bah Shat Singh Tham na Sohkhmi, Bah Minot Majaw na Mawsohmad, Bah Kres Diengdoh na Kshaid, Bah Porno Khongsit na Nongstoin, Bah Worbin Thawmuit (ba la khlad) na Mawkhlot, I kpa u Drem Khyndait na Sohnidan, Bah Klar Singh Khongrymmai na Saitsohpen, Bah Bronel Khnongri na Laitryngew, bah Phiel Khonglam na Laitmawsiang. Ki don bun kiwei ruh kiba ngan ym lai lah ban pynpaw hangne bad nga kyrpad ba kin ym sngew ei ei. Nga pynpaw ka jingsngewnguh eh ia ki Department kiba la iarap da kaba ai ki Display Advertisement.

S. Khongsit

SHIKYNTIEN NA U NONGYTHOH

Ka don ka jingsngew kmen ba nga la ioh ban pynmih sa kane mynta “Ka Spah Mariang Ha Meghalaya” kane ka dei sa uwei u mawjam ban iaid shapnrang ha ka jingtnei barit ban lum ban lang bad buh ha ki jingthoh ia ka Spah Mariang ia kaba la buh tyngkai ia ngi hi ha kine ki lum baiet jong ngi.

Ha ka jingpyrshang ban leh kumta, nga la iakhu shisha shisha, da ka jingangnud ba katba lah synei ban buh ha ki jingthoh ia kine ki jingai ba kordor jong ka Mariang, khnang ba ki Longdien kin ia myntei.

Ka kam ka long ruh kaba kyrkieh namar ba ki don ki spah mariang kiba la nang jah noh. Ki don ruh wat kito ki baym pat jah syndon, hynrei ki la nang duna. Kane ka jingpyshang la ka long kaba rit eh, hynrei nga ngeit ba kan long ka jingiarap khamtam ia ki samla kiba imsnagi ban phai sha ka Mariang, kiba ioh ruh ka lad ban pule sha ki kyrdan jingpule kiba iar ia kane ka phang.

Ha kaba iadei bad kane, nga don ka jingkyrmen ba ka lad kan nang plie ban nang ioh pynmih shuh ia kine ki jait kot.

S. Khongsit

“Shynna Diengiei Cottage”
San Mer, Upper Shillong
The 27th May 2002

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KI KYNBAT DAWAI

Ka Ri Khasi-Jaintia ka long kaba riewspah ha ka jingdon ki kynbat dawai, Naduh hyndai ju don ki nongai dawai kynbat kiba stad ha la ka jong ka jong ka por haduh mynta mynne. Ki don shisha shibun ki kynbat kiba ka Mariang ka la buh tyngkai kiba lah ban pynkoit ia ki jingpang kiba eh. Hynrei kum ia kita ngim lah ban ia tip paidbah. Ha kane ka lynnong "Ki Kynbat Dawai" la shu sot tang khyndiat eh na ka thup bah ki kynbat dawai bad kata ruh tang ia kito kiba ngi ia tip paidbah bad ia pyndonkam man ka sngi. *

1. **Ka dieng Jalu** : Ka snep bad ki sla dieng Jalu ju pyndonkam kum ka dawai pangshit.
2. **Ka Jalyngkhan** : Ki sla jong ka ju pyndonkam na ka bynta ka dawai pangmet.
3. **Ka Jathynrait** : Ki sla kiba bha eh ban leh dawai kyllan pangmet.
4. **Ka Sohlong** : Dang ha ki por mynwei, da ki sla kane ka dieng ki shet thai ban jynhaw ban pynmih syep haba pangshit.
5. **Ka Sohñiar** : Ka snep Sohñiar ka dawai kaba bha eh ban sop ia kaba thung, tohjaw etc.
6. **U Sohphie** : Ka snep sohphie kaba bha eh na ka bynta ban shet dawai suhot, pynhiar kpoh etc - da kaba shet lang bad kiwei ki kynbat.
7. **U Sohrang** : Don kiba dih dawai pangmat bad koit ruh da kaba dih da ka um sohrang.
8. **Lapata** : Kaba long dawai na ka bynta ka jingmong-jingmysaw.
9. **Soh Syrtet** : Ka sla soh syrtet kaba bha shibun ban bon ia ka snam haba kum pam ne kum ot.
10. **Ka Lympied** : Ka sla lympied kaba khlain shibun eh ban set ia ka jingphlei snam na ka jingmong kum kaba kum ot ne kum pam.

11. **Ka Sohkhthut** : Ka dei ka jait dieng rit. Ka sohkhthut ka don haduh lai-ne saw jait. Ka sohkhthut heh ka long ka dawꞑi suhkpoh kaba bha. Ka sla pat ka long dawai ban tah jingmong.
12. **Ka Tiewshlim** : Ka Sla tiew shlim ka long ka bih bah ban dih, bynrei ka long ka dawai na ka bynta ban tah ia ka thung, pangmat etc.
13. **U Sohlap** : U shyieng sohlap u long uba bha shibun na ka bynta ban tah prum bad ñiangdait.
14. **Sohjarem** : Ka dei ka jaitdieng kaba ki pyndonkam bun ki jait dawai - Don kiba shna dawai pangmat, hynrei ka iadei ch ban pyndonkam na ka bynta ka jingpang B.P. (Blood Pressure)
15. **Ka dieng ñiangmat** : Ka dawai khmat kaba bha khamtam na ka bynta ka jingpang ñiangmat.
16. **Ka Diengngan** : Ka sla Diengngan ka long dawai na ka bynta ka jingpang satrew jong ka sniang.
17. **Ka Sohma** : Ka sohma ka long ka dawai kaba bha shibun na ka bynta ka pynhiar kpoh bad suhot.
18. **U Sohmad** : Ia u sla schmad ki ju shet ha ka um sum khunlung namar u iada na ka baiiong-khlieh bad set khmut.
19. **U Sohshiah** : U thied sohshiah uba bha eh na ka bynta ka pynhiar kpoh bad suhot.
20. **Ka Larynsi** : Ka dawai kaba bha na ka bynta ka dait kain bad dait brah.
21. **Jalbuit** : Ka dawai suhkpoh kaba bha shibun eh. Ka iadei ban shu bam im lane shet ruh.
22. **Ka Soh Lyngsnam** : Ka dei ka dawai brah kaba bha. Ka mih ha ri War.
23. **Soh byrtan** : Ia u soh, bam ki briew bad ki mrad. Ia u sla pat haba kum pam, ki tah da ka sla jong u, u ring ia ka snam sniew.
24. **U Mangkariang Sohniamtra** : U long u dawai ba lah ban pyndonkam bun rukom.

25. **Ka Kya** : Don kiba pyndonkam ia ka snep jong ka kum ka dawai na ka bynta kaba mong.
26. **Ka Byllyiat** : Ka thit byllyiat ka ia dei ban tah prum.
27. **U Jyrmie lyngksiar** : U long uba bha ban leh dawai khmat.
26. **U Tyrsu** : U jait jyrmie hah, u long dawai mynsaw. U don sha Koangthong.
29. **U Mie-bteng** : U dawai mynsaw uba bha shibun. Lada dkhat na dyngkhong, u bynta ba sha lor dieng ruh um iap.
30. **U Mie masem** : U dawai khmat uba bha shibun. Na ka bynta ban leh dawai, ki ot lyngkhot kumba shitda. Sa pyrsad kumba pyrsad noi. Ka mih ka um. Kane ka um ka long dawai.
31. **U Japew** : Une u niut u syriem shibum ia u jaler. U mih kynrei ha ri tbian bad ha ri jrong ruh U long u dawai uba bha shibun na ka bynta ka pynhiar kpoh.
32. **U Lynnai**: U lung (succer) lynnai u long u dawai khmat uba bha shibun eh. Ka jingpyndonkam ka long da kaba shu khyrwait ia u lung ban mih ka um, bad shu pynjaw beit ha ka khmat kaba pang.
33. **Ka Bsiang** : Ka long diengbah. Ka don tang sha ri War. Ka thit bsiang ka long ka dawai mynsaw kaba bha eh.
34. **Ka Sohthynroit** : Kam da long diengbah. Ka heh sla syriem ia u sla tympeu. Ka don tang ha ri tbian. Ka shyieng sohthynroit ka ia dei eh na ka bynta ka eh-kpoh (constipation). Ka long kaba khlain shibun ban pyllait ia kaba set kpoh, donkam tang khyndiat symboh, Lada palat, kan pynhiar palat.
35. **Ka Jymbur** : Ka snep jymbur, ka long ka dawai khluit ding kaba bha.
36. **Ka Dieng suhot** : Ka long diengbah. Kaba iadei eh na ka bynta ka suhot. Ki pyndonkam da ka snep bad ka sla lung. Ka sla ka syriem ia ka dieng muga. ka don bun sha phud wah umiam.

37. **Ka Sohtynjob** : Ka dawai pang shkor kaba bha shibun.
38. **Ka Sohkyrda** : Ka long dawai suhot. Ka dei ruh ka dawai mynsaw haba kum pan - shu kyrshut ha ka wait sa tah. Ka pyndap doh kloï.
40. **Bat Jumai** : U sla uba bha shibun na ka bynta ka suhot, pynhiar kpoh etc.
41. **Bat Baidoh** : U long u dawai mynsaw uba bha, u bon ia ka snam bad pynkoit ia ka jingnong.
42. **Bat-long** : U dawai niangsohpet, ki shet bad kiwei kiwei ki kynbat.
43. **Bat sohpliah** : Une uba puh lieh ha u April. Uba puh stem pat u puh ha u June-July. U long dawai thapbasim - ki tah ruh ban sei ia u shiah haba u sah ha ka doh. Dei ban tah kiba nang, namar lada bun than u pynpyut ia ka doh ruh.
44. **Jawieh raij** : U dawai pangmat haba khlah lang bad ka tiew shlim, sla siej bad jathynrait.
45. **Bat pyllong iong** : U dawai suh jyndong haba khleh lang u krot bad sla shken.
46. **Lakud shidiap** : Ka lap ba u dei u dawai khluit ding uba bha tam. Naduh ba u mih haduh ba un da iap u don tang kawei ka sla. Haba tah dawai khluid ding, da une, ym ju paw dak sohkhiang, thoh lieh etc. U pynkoit kloï ruh, u long dawai tohjaw, prum etc.
47. **Bat Naingdait** : U dawai na ka bynta u niangdait.
48. **Jaiaw shnong** : U sla jong u uba lang dawai khieshoh.
49. **Bat Sharak** : Une u kynbat uba sna sharak. U dawai nisngdkoh bad dawai kain uba bha.
50. **Jakhain Khasi** : U jait jhur kthang uba pynbha kpoh ia ki bym lah ban bam ja - u pynbang ja.
51. **Tynriev** : U dawai na ka bynta ka buaid tit bad phan diang.
52. **Santapai** : U phlang uba don kynrei ha ri tbian bad ri jrong - ka um jong u ka long dawai suhot.

53. **Bat pyrshaw** : Bun ki khot u bat dkhar. U phuh syntiew naduh u March haduh ban da tlang. U sla uba bha ban tah ia kaba mong. Uba pynshoh ruh ia ka khyndew.
54. **Jajew shiliang** : Ki sla jong une u jait jajew ka long dur kumba la ot shiliang. U juh ha ki jaka krem bad rai-eh rai-dam u dei u dawai kpoh uba bha.
55. **Jaiew maw** : Une ruh uba bha kum ka dawai suh kpoh.
56. **Diengngan shrong** : Ka sla jong ka long dawai na ka bynta ka sniang kaba pang niangsaw. Ka mih ha ri thian bad ri jrong.
57. **U Jaiur** : U kham mih kynrai ha ri khriat. U iarap na ka bynta ka pangbniat.
58. **Khia khnai** : U don ha ri thian bad ha ri jrong. U dawai uba bha na ka bynta ka pynhiar kpoh.
59. **Bat Moina** : U dawai suhot bad pynhiar kpoh uba bha eh.
60. **Jrum shiah** : Ka dohmet (tuber) ka iarap ban pynjem kpoh haba eh kpoh (constipation).
61. **Ka Sohniar** : Sha thain Dawki ki khot ka dieng pyrsoh. Ka dawai kaba bha eh na ka bynta ka pangthung.
62. **Ka Soh ski** : Ka snep na ka soh - ka dawai suhot kaba bha.
63. **Ka Soh Janai** : Ka phuh syntiew por pyrem. Ka soh jong ka ka long dawai suhot kaba bha.
64. **Ka Mangkariang khem sla** : Ka dawai na ka bynta kaba khein.
65. **Kor Blang** : Ka dawai ban snam na ka bynta kaba kum ot ne kum pan.
66. **Khariew** : U long bih ia ka dohkha, u long dawai na ka bynta ka satrew ksew, dawai niangdait.
67. **Tyrkhang diengbah** : Thang ia u, sa tylliat. U long u dawai khaid uba bha.
68. **U Lakud** : U Dohmet jong u, u long uba bha ban tah ia kaba kum ot ne jingmong kaba dang thymmai.

69. **U Bat shabai** : Uba iadei ban tah na ka bynta ka dait kain ne brah.
70. **Bat Nongrim** : U dawai na ka bynta ka khluit ding.
71. **Ka Dieng Mangkali** : Ka hap sla por tlang bad sei lung por pyrem. Ka long dawai prum bad khaid.
72. **Bat tyrphin** : U thied jong u baut tyrphin u long dawai ia bun jat ki jingpang - bih, suh kpoh, pang shadam etc. Don Kiba khot ia u bat tyrphin "U kmie dawai".
73. **Bat lynnai iong** : Don kiba khot u bat tyrphin iong. U soh u ih ha u March. Ki pyndonkam dawai bih, dawai bsein, dait ksew etc.
74. **Bat lynnai heh** : U syriem ia u bat lynnai iong, une um met bun kumba met bun u bat lynnai.
75. **Bat thlong** : U bat thlong u long dawai bih. U sla jong u, u heh bad jrong.
76. **Dieng Menthol ne pathai khubor** : Ka don tang sha ri tbian. U long dawai jyrhoh.
77. **Ka Sohniah** : Ka dawai niangmat kaba bha - ka don sha thain ri war. Kaba bha eh na ka bynta kaba la iong ka khmat.
78. **Kynbat niangniuh** : U dawai niangniuh bad dawai suhot
79. **U Soh pyrtan** : Ka sla kaba long dawai ban tah haba kum pam- u kjit ia ka snam sniew.
80. **U Mielieh**: U dawai bon snam.
81. **Tyrkhang hati** : U dawai khaid. Une u don arjait - uba saw bad uba iong - ban leh dawai khaid, u kham bha uba iong.
82. **Tyrkhang suhot** : Une u tyrkhang u dei uba met. U juh ha ki jaka maw. U long dawai suhot bad dawai niangsohpet.
83. **U Krot iong** : U dawai khaid - da ka thit kaba mih haba kdiah ia u lung.
84. **Soh priam** : U sla soh priam uba bha shibun ban leh dawai suh kpoh.

85. **U Pudina** : Uba iadei na ka bynta ka pynhiar kpoh bad suhot.
86. **Ka Dpei** : Ha ka shiteng pela ka um pdem ka dpei (ba shim na ding da kaba ni) bad khyndiat ka shun, King bha - ai kan hiar ha trai pela - jiar ia ka um bad sa dih - ka dawai na ka bynta ka prie na ka bynta ki khunlung bad tymmen.
87. **U Sharita** : Uba bha na ka bynta ka khieshoh.
88. **U Sharita kynthei** : Une ruh u long dawai tangba um da khlain kum u Sharita.
89. **Ka kait rit** : Ka um ba khyrwait na ka kait rit ka long dawai suh ot.
90. **U Bat kseh** : U jait jyrmie uba kynrei ha ri khriat, khamtam ha ki reserved Forest Upper Shillong. U dei u dawai niangsohpet - da kaba khleh lang bad kiwei ki kynbat.
91. **U 'Mie saw** : U jait jyrmie uba rben snep - uba jem bha. Ju pyndonkam ban shet dawai niangsohpet.
92. **U Jasat** : U dawai ban pynkoit ia ka niang jynrein jong ka sniang.
93. **U Sohpyrshong ne soh shyah** : U long dawai na ka bynta ka suhyndong.
94. **U Sohmrit** : Ka um sohmrit ka long dawai ban pynjem ia ka pang shit bad ka pynhiar kpoh.
95. **Sohrang** : U jait sning uba heh sla, uba don ha ri tbian bad ha ri jrong. Ka um long dawai pangmat.
96. **U 'Mie tyrso** : U long tang sha ri war. U long u dawai mynsaw uba bha shibun - haba dkut thied u bteng - une u jyrmie uba heh sla u don sha Wahkhen.
97. **U Ler um** : U Jyrmie uba heh sla, u mih bha sha ri Bhoi. Ka um jong u ka long dawai ia ka suh jyndong ka um ka long kaba lah ruh ban dih jah sliang.
98. **Ka Sngiat** : Ki khar bhut ki shna dawai ia ka soh jong ka. Ym lah ban tip thikna kiei ki rukom dawai,

99. **U Dawai Wieh** : Jamyrwai U puh stem, u iadei ban dih dawai wieh.
100. **U Sohpen** : U mih kynrei ha ki rilum ba don phlang. U snep sohpen uba bha shibun ban bon ia ka pynhiar kpoh.
100. **Bat Ksain (Scrophulariaceae toronia violacca)** : Dawai pang khnap masi da kaba shu dung bad ka shun sa tah.
102. **Jamynsleh Khlaw (Lencus limfolia)** : Haba sleh khlieh da une, ka pynkhuid ia u thyllieh.
103. **Jathit ne jamynsleh rilum** : Une ruh uba long dawai ban pynkhuid ia u thyllieh bad dawai ia kaba mong.
104. **Balensha** : U jait jhur uba pur ha khyndew. La slem ba u long dawai khiesnoh.
105. **Ka shyah** : Don kiba tah khaid da ka thit shyah.
106. **Jaiew heh** : Haba jur jingshit, don kiba tylhat da u jajew sa sop na khlieh da une u jajew.
107. **Jathynrait pur** : Kaba iadei eh ia ka pynhiar - ka cholera. Shain, sa theh um bad khleh bad ka mithai. Dih bunsien shi sngi. Ka pur tang kumba ar ne lai pruh.
108. **Ka kait rit** : Ka soh ka bun da ka shyieng kum ka kait 'ieng. Ka shriew jong ka kaba bon snam.
109. **Bat Lakhiat** : Uba heh bad jrong sla. U don tang sha ri tbian. Ki khleh dawai bih.
110. **'Bat thied** : U iadei ia bun jait ki jingpang - kynbat bih, pangmet, pdung shyntur, puh bsein. U sla u pyllun bad jyrngam. Ia ka dawai ki pyndonkam da u thied - haba bam u iwbihi bad pynbha ia ki bniat.
111. **U Tiew Ibong dohpieh** : Uba iadei ia ka suh jyndong.
112. **U Lashi (syriem sohkhawlong)** : Uba iadei na ka bynta ka puh bsein, pangring, pang ring ka syiar - shu tah ha met.
113. **U mie jynriew** : U syriem ia u jymie nub. Ia u mie jynriew don kiba pyndonkam dawai pangmat.

114. **U Sohmynxhong** : U don tang sha ri tbian. U soh u syriem ia ka soh jaruin shiah. Ia u met jong u ki pyndonkam kum ka dawai niangmaw sniang.
115. **Sohlynshang** : Une u don ha ri tbian bad ri jrong ruh. U phuh uba lieh bad u soh haba u la u saw hoin hoin. U met syriem ia u sohlah - une u dohmet u long dawai na ka bynta ka niangmaw sniang.
116. **U Jaler** : U don tang ha ri tbian. Don kiba pyndonkam ia u tynrai jong u na ka bynta ka suhot.
117. **U Bat Niangdkoh** : U don ha ri tbian bad ri jrong tangba une u jait um da don kynrei. Ki sla ki syriem ia u sla jong u sohbyrthit met. Ki pyndonkam kum ka dawai niangdkoh bad u iadei ban tah ia kaba mong ban set ia ka snam.
118. **U Tiew Sohniah** : U don tang sha ri tbian. U phuh lieh bad u soh u syriem ia u sohmynten. Ka thit ka lieh kum ka dud. Kane ka thit ka long ka dawai khmat kaba bha eh.
119. **U Tiew Lili khlaw** : Uba jrong sla syriem la u tiew tong skain. U met kum u piat, u phuh jong u pat u byllieh - Ia u dohmet ki ju sop ia kaba laitdoh ne at na kaba ur.
120. **U Sohpen** : U don tang ha ri jrong. U phuh stem por synrai. u met syriem ia u sohphlang. U snep jong u uba bha na ka bynta ka pynhiar kpoh.
121. **U Jajew Iarkynih** : U juh ha ki jaka dymmiew bad ba bun maw. Na ka bynta ka pangshit, ki ju sop da une u jajew na khlieh (da shain) u long dawai ruh na ka bynta ka jingmong kaba rit ba dang thymmai bad bon snam.
122. **U Jathit** : U dawai uba iadei ban tah ia ka jingmong
123. **Ka soh Janei** : Dawai suhot - da ka soh.
124. **Ka Sohmasar** : Ka dei ka dieng kaba long sha ki ri tbian, Ka dei ka dawai suhot kaba bha eh, Ki pyndonkam da ka snep jong ki. Don ki jaka ba ki khot ka diengthang.
125. **Ka Dieng Lar-ud** : Kane ka dei ka dawai khieshoh kaba bha eh. La Khot ia ka da ka kyrteng Larun kaba mut ba wan ka pang ka jhia. Kane ka don tang sha ki ri tbian.

126. **U sying iong** : Uba ioh na-khlaw, u sla jong u u syriem katto katne ia u sla Alarut. Ki nong ai dawai ki pyndonkam bha ia u.
127. **U Shynrai** : u iadei eh ban sop haba pang niangtyrsim.
128. **U Syingmakhir** : U iadei bha ban sop ia ka jingmong ba kum ot ne mynsaw. U pynkhuid bad pyndapdoh kloï.
129. **Ka Lyor** : Ka kane ka dei ka dawai khluit ding.
130. **U Sohkyphor** : U iadei na ka bynta ka kpoh, u pynjem jai jai. U long ruh kum ka dawai pynjlih snieh doh haba bam ia u.
131. **Ka la shriew ne slawang** : Kane kaba iadei eh na ka bynta ka pangshit. Haba la kiew eh ka jingshit jong u nongpang sop da ka slawang a ka khlieh tap haduh shyllangmat, spain da ka jain stang ba kan neh. Tang shi-phang la theh syep bad ka jingshit ka hiar.
132. **U sohkweit lane sohpura** : Ka um sohkweit ka long dawai ia bunjait ki jing pang. Ka pang shit, ka pangkpoh, ka kynroiprie, ka pangkmat etc.
133. **Ka ngap** : Ia ka ngap ki pyndonkam na ka bynta ki jingpang ba bun jait, ka pynkhuid ia ka niangshaba ki khunlung, ka dawai khluid ding kaba bha eh da kaba shu kyllan mar-mar, kadawai kaba iadei eh ban tah bad ka shun ia ka jingngem snam bad at haba ur ba hap, ka iarap ban pynjem ia ka ehkpoh nangta ka pynsyaid khamtam ha ka por tlang etc.
134. **U Kram** : U ngap khlaw uba shong hapoh khyndew. Ka um ngap na u kram ka dei ka dawai bah khamtam ia kiba armet, ka pynsuk ia ka pun-ka kha. Ka long ruh ka dawai khmat kaba bha eh.
135. **U Dkai** : Une ruh u dei u ngap khlaw, lah ban ri ia u kumba ri ngap. Ka um jong u ruh kaba long dawai syriem ia u kram hynrei um kot kat ka um ngap jong u kram.
136. **U ngapwieh** : Une ruh uba long dawai, hynrei u rit than ym lah ban ioh kat banpynlong dawai.

137. **Ki khlein mrad** : U ksang dngiem u long uba rem dor eh namar ba u long dawai, ka khlein dkhan, khlein japieh, khlein dohkha ki dei kiba long dawai haba la khleh lang bad ki kynbat.
138. **U 'Tiewwahlei** : Une u don tang sha ri war, la ju khot ruh 'u tiewwahlei shongpep' Ia u thied jong u k1 shna dawai ban pynjem ia ka ehkpoh.
139. **U Sohkhaw-iang** : Une u mih tang sha k1 r1 tbian. U soh rynjup rynjup ba d ia ha k1 bna1 synrai. U jyntang u long dawai na ka bynta ka buaid phan dieng, buaid sohliang etc.
140. **U khun dkhew, khun shalyngur** : Haba dait u kmie dkhew ne shalyngur kyllan bad kyrshut da u khun ba dang lung jong k1 h1, ki long dawai ban pynjem.

KI JINGPHYLLA KA MARIANG

Ka Mariang ka dap da ki jingphylla, lada don por ban peit bad bishar bniah, lah ban lap bun ki jingphylla kiba da phylla eh. Ha kane ka khen ngin ia phai ban peit katto katne na ki. Lada ia kren bniah ia kawei kawei na ki, kan shim bun ki jingiakren, kumta ha kane ka kynti, yn shu ia kynthoh tangtang khyndiat.

1. **Ia baroh** ki kynja ba im ba khih lah ban pynbynta tang ha ki ar bynta. Kito kiba don ki shkor kiba tam ne mih bad paw shabar, nangta kito pat kiba wat la ki don shkor ruh, hynrei ki shkor jong ki kim mih ne paw shabar. Kane ka jingpynbynta ka kynthup lut naduh ki khniang ki ksiah kiba rit tam haduh ki mrad ki mreng kiba heh tam ha ka pyrthei. Kam pher lada kiba lah ban her lane kiba shu par. Kine baroh ki la ioh ka iktiar ban ia kha ia roi. Hynrei ha kano ka rukom ki ia kha ia roi. Baroh kiba tam shkor lane ba mih ki shkor sha bar ki kha beit da ki khun. Kito pat kiba khlam tam shkor ne mih shkor shabar ki kha shwa da ki pylleng.
2. **U siej** : U siej u dei uwei na kiba phylla. U long uba santer, uba sted eh ban jrong, hynrei ka por jrong ka dei ha ki bnai ba u dang lung. ki siej kiba rit ki lah ban sei hapteng shi inshi, haduh ar inshi ha ki arphewsaw kynta. Ki siej heh pat kum u ktang etc. ki lah ban sei jrong hapteng hynriew inshi haduh shiphut ha ki arphewsaw kynta. Kata ka mut kumba shiteng inshi ha ka shikyata. Hynrei kane ka por jrong jong u siej ka neh tang ha ki khyndiat bnai.
3. **Ki khniang** kum ka niangkongwieng, ñiangkrai, shalymmen, ñiangsniang, ñiang shor-shor, ñiang ngiangngiang, ñiangsohphan, ka rad, ñiangkrai lum etc. ect. ki im ha kane ka pyrthei tang ha ka rta kaba tang kumba san bnai. Hynrei dei kine kiba sei ia ki sur kiba sngew

thiang tam ban pynkmen ia kane ka pyrtthei kaba tmang bad ba kynjah.

4. **Ki khniang Rusom** : Ki khniang rusom ki long kiba phylla eh. Naduh ba ki pait pyleng haduh ba kin da sop ñianglong ki don ka por kaba lyngkot tang kumba sawphew ne sawphewsan sngi. Hapoh kane ka por, ki ju kynther noh ia ka sep ne sopti rim haduh saw na san sien. Ha ka por ba ki loit ia ka sopti rim, kim ju bam ei ei. Hynrei ki khmied sha bneng bad kyrngah bad hadien ba ki la kynther ia kaba rim ki sa bam jingbam. Ynda haba u la sdang ban thir ia u ksai ban sop ia lade, u trei khlem shong thait haduh ban da dep. Kumta ngi ioh ia u ksai uba jrong haduh kumba 500 ne 600 mater.

U khniang ryndia ruh uba ngi ioh ha kajuh ka rukom ia u ksai, une pat haba u thir ksai u ju shongthait haba u la sngew thait than. Kumta ha kato ka por ba u shong thait u ksai u dkut noh. Kumta lah ban tip katne sien u shongthait haba u thir ksai.

5. **U Kir** : U kir u dei u khniang uba shong hapoh kyndew, hynrei wat la u shong hapoh khyndew ruh ki sner jong u kim ju bit ktieh ne bit khyndew, hynrei ki khuid itynnad eh. Ha ki bnai synrai u ju shad bad rwai da ka jingriew ba sngewtynnad eh. Ka jaka shad bad rwai ka dei tang ha ka khmat iing lajong. Hynrei kaba phylla ka long uba shad bad rwai dei tang u shynrang, ka kynthai kam ju rwai.
6. **Ka Dohjiar** : Ka dohjiar ka dei na ka kynthun jong ka japieh. Hynrei kane ka dohjiar ka rit bad byrtem. Kane ka don tang ha ki wahbah kam ju kiew sha ki wah rit kum ka japieh. Ka dohjiar ka kiew ha ki bnai pynnoh lyiur bad hiar ha ki bnai synrai (September-October). Ha ka por ba ka kiew ka ym don ba tip namar ka sngap jar jar. Hynrei ha ka por ba hiar ka ia khywin iakieh haduh ba ka wah baroh ka la shu khywin da ka jingpah jong ka dohjiar. Hynrei kaba pah kumne dei tang ka dohjiar kynthai, u shynrang wat lada u ia hiar lang ruh um ju pynbud ia ka

sur jong ka kynthei. Ia u shyrang kim ju ong u dohjiar hynrei ki khot u sjub.

7. **U Brai** : U brai u dei uba ia im ha ka kynthun. U shong ha ki krem maw bad mawsiang. Ha ka shikynthun ju don haduh lai hali haduh hynriew hali. U brai u don shiah kum u dyngkhied tangba um heh kat u dyngkhied. Kaba phylla ia une u mrad ka long ba ha ka por ba shai rong u bnai, um ju laid jngai, u wad jingbam tang hajan krem ba u shong. Kum ka nuksa ha ki miet kiba u bnai u mih 10 ne 11 baje por miet, u brai un pyndep ia ka jingleit wad bam hapoh kata ka por shwa ba un mih u bnai, haba la mih u bnai u la dei ban poi sha la krem. Kane ka rukom ka la pynsuk shibun ia ki nongap brai.
8. **Ka khroit** : Ka khroit ka dei na ki jait syiar khlaw kaba kham heh khyndiat ia ka iarkhiar. Ka iarkhiar ka dei kaba sngew tynnad ban thiah iabun. Hynrei ka khroit pat kaba thiah tang tang shijur (khamtam ha ki bnai tlang) Kaba phylla ia kane ka jait sim ka long ba ha shwa ban thiah ki da ia rwai lang. Ka ialam jingrwai ka knthei, haba la ialam ka khroit kynthei, pynbud sa u shynrang kham hadien, hynrai kaba phylla shuh shuh ka long ba ki ia rwai la ka jong ka jong ka sur. Ha ka por ba pynkut, ki ia pynkut ryngkat. Ka sur jong ki ka long kaba jam bad lah ban iohsngew jggai-jngai. Haba la khie thiah mynstep ruh shawa ban leit wad jingbam, ki ju ia rwai kumjuh. La kumta ruh ki don ki step kiba ki rwai, don ruh ki step ba ki khlem ia rwai. Ka jingrwai por leit thiah te ka long kaba tista.
9. **U Wieh** : U wieh u ju kiew paidbah na ki wah sha lum ha u bnai April-May bad hiar na lum sha ki wah ha u bnai September-October man ka snem. Ia kane ka rukom im um ju pynbakla. (kane ka jingpeitthuh la shim na ka rukom im ki wieh ha Khadar Shnong). Kaba phylla ka long ba ha shwa ba u wieh un poi ha ki wah bah, u la tip lypa ba ki dohkha ki la ap ban bam ia u. Kumta ki ia thaw noh da ka buit. Ki ia kli long mlun para wieh ha ka dur jong ka bor (ball) heh. Ka lynglun wieh ka heh kat ka

bor heh bad kham heh ruh 'Haba kane ka lynglun wieh ka hap bum khamtam na ki maw bad mawsiang. Ki dohkha ki kyndit. Ha kata ka por ki wieh na kata ka lynglun ki ia pra riaw bad ngam sha ki shyap. Ha kane ka rukom leh ka dohkha kam ju ioh ban bam bun ia ki.

- 10 **Ka muid** ka long ka mrad kaba don ia ka sap kaba phylla. Uwei u nong ri masi ri muid na ka shnong Patharkhnang, u iathuh ba ki la don ki jingjia kaba ki dei ban leit ia ki lynti kiba ym pat ju iaid. Haba don ka riat kaba don sha khmat naduh kumba lai mail ka jingjingai, ka muid ka la tip ba ym lait ban iaid ia kata ka riat. Kumta kam treh hi tdot ba iaid. Ka muid ka tip ruh haba don ka jingma na ki riawnsiew kiba ap ha lynti. Haba don kum kine kam ju treh ban iaid.

KI DIENG KIBA LONG BIH

1. **Ka Latushlim** : Ka jait dieng rit kaba mih ha ri tbian bad ha ri jrong, ki phuh ki lieh kum u tiew lili tangba ka long kum ka turoi. Ki sla, ki dieng bad phuh ki iwkhong. Lada bam ia ki sla ka pynking khlieh.
Uwei u tymmen ha Kshaid, u dih ia ka um tiew shlim ba la shet, ka pynlamwir baroh shimiet. Haba la ai duwai kynbat u koit pat.
2. **Ka Jasniang** : Ka mih ha ki ri jrong. Ha ka por tlang ka hap sla. Ka khie lung pat por Pyrem. Ha ka por ba ka dang khie lung, kim ju ai ia ki blang ki masi, namar ka long bih. Na ka bynta ban shoh wah, ki khleh lang u snep Sohli-ia bad ka sla Jasniang.
3. **U Sohliang** : U Sohliang u dei uba long diengbah. U don tang ha ri tbian. U Phuh syntiew ha u April-May bad u soh u ih ha ki bnai tlang.
U Soh u syriem eh ia u sohlap. Ha ka jingshisha, ki soh jong u sohliang bad sohlap ki ia long kumjuh ha ka rong ka rup, bad ka rukom soh. Ka jingia pher ka long ba u Sohliang u soh tang ha ki lympen bad tnad, katba u sohlap pat u soh haduh ki kliar bad tnad rit. Nalor kata u sphliang u heh, u sohlap u kham rit.
U Sohliang u dei uwei na ki jingbam sohkhlaw uba bang shibun eh. Hynrei ki nongdie ki wan die sha iew, hadien ba ki la shet, pdem bad pynkhuid lut ia ka bih.
4. **Ka Tyrkhum** : Kane ka dieng ka don tang ha ri khriat. Ka dei ka dieng kaba hap sla por tlang. Ka khie lung ha ki bnai Pyrem. Ha ka por ba ka dang khie lung lada ai ia ka blang ka masi, ka bih jong ka kan pyniap shisyndon.
5. **U Khariew** : Une u dei u jait jyrmie ubadon tang ha ri tbian. U sla u jrong lyshir lyshir, ki ju shoh wah da u thied khariew. U long dawai ruh na ka bynta ka satrew ksew bad blang.

6. **U Khariew Niangmliar** : Une ruh u dei kynja jyrmie, Ki sla ki syriem shibun ia ki sla u mie jating. Ki ju shoh wah da ka snep jong u bad da u ioh.
8. **Ka Phyllut** : Ka Phyllut ka dei ka jait dieng kaba mih ha ri tbian bad ri jrong. Ki sla ki syriem shibun ia ka Kreit. Ka dei ka dieng kaba hap sla por tlang. Ki sla jong ka kiba pynsboh ia ka khyndew. Haba ai ia u jingthung, ka iarap ban pynbha kum ka fertilizer. Ka snep jong ka laba ka dang lung ka byllieh, ynda ka la iaw, ka saw bain bain (Lada ktah). Ju shohwah da ka snep jong ka.
9. **U Sohlew** : Une u dieng u don tang ha ri tbian. Ka dieng jong u kaba iong, ki sla ruh kiba iong. Ju shoh wah da ki soh jongu. U dei u jait dieng uba khah sla bad khah tnad.
10. **Sohrymthein** : Une u jait dieng ruh u don tang ha ri tbian. Ju soh wah da ki soh jongu.
11. **Jalyngkthem** : Kane ka dei ka sohkut heh. Ka puh syntiew syriem ia ka tushlim. Kane ka jait ruh ka longbih syriem kum ka tushlim.
12. **'Mie ryngksai** : Une u dei u jait jyrmie uba jwat shibun eh. U mih la ri tbian, hynrei lada thung ha ri khriat ruh u long. Ki thied jng une u jyrmie, u long syriem ia u Khariew.
13. **Mie Nub** : Ka nub ka dei na ki jait jyrmie kiba heh shibun. Ka nub ka dei kaba ki ju pyndonkam kum ka sabon. Ka jyntang bad ka soh ruh ka long ban pyndonkam sabon. Ka jyrmie jong ka, ka long bih ia ki dohkha. Don kiba shoh wah da ka 'mie nub.
14. **Sarat** : Kane ka dei kaba long diengbah. Ka don tang ha ri tbian. Ki sla ki heh, bad ki soh ruh kiba heh. Ka snep jong ka, ka long bih ia ki dohkha.
15. **Sohli-ia** : U long uwei na ki jait dieng ba lah ban pyndonkam la ki bun rukom. Hybrei u snep jongu u long ban shoh dohkha kum ka phyllut etc.
16. **Ka Bhala** : Kane ka dei ka jait dieng kaba don sha ri Bhoi. Ki soh ki heh bad bam bha ka dngiem. Kane ka dieng ka siat ha ka juh ka rukom kum ka brah.

17. **U 'Mie Lyngkyrneng** : U don ka jingsma kaba sngew jh
- Lada sma slem ka pynking ia ka khlieh. La don arngut
ki rangbah ha Nohshut kiba dih dawai pangkhlieh da une
u jymie, ki la jan iap pynban na ka jingktah jong u.
18. **U Lang Sying** : Une u jait phlang u don tang ha ri lum
U phuh syntiew ha ki bnai synrai. Une u phlang u long
uba iwbi syriem ia ka dieng jalu. Lada bam ka masi um
lei lei, hynrei lada bam u kulai pat, u pynhiar kpoh.
19. **Ka Brah** : Ka brah ka long diengbah. Ka don ha ri tbian.
Ka don ka jingsyriem bad u sohpieng. Ka siat brah ka
long kaba shitom eh Haba ka jur, don kiba hap thiah
lyngkhuit halor ka lakait. Ia ki soh u bab bha u bshad.
Ka brah ka siat haba leit pom ia ka. Hynrei don pat kiba
tang shu iohi ia ka brah ruh ka la siat. Ka ih ha u bnai
Iaiong-Jymmang. Ka soh ka heh syriem kat u soh part-
puraw. Ki shyieng ki heh syriem ia ki shyieng soh
khunkung.
20. **Ka Kain** : Ka kain ka dei kawei pat ka jait dieng kaba
dait la ka juh ka rukom kum ka brah. Kane ka jait ka
heh sla bad ka hap sla por tlang. Ka dieng ka dei kaba bha
eh ban thaw duitara. Ki soh jong ka ki syriem eh ia ki soh
Sohma. Ka phuh syntiew (lieh) ha u June.
21. **Ka Kain Rilum** : Kane ka jait kain ka kham juh ha ri
khriat. Ha ri tbian ruh ka don, hynrei kam da bun. Ki sla
ki syriem ia ki sla iamior. Ka phuh syntiew ha u April -
May bad ki soh ki ih por Synrai. Ki sim ki bam bha,
khamtam ka tyngab. Kane kam da siat, hynrei ki don ruh
kiba shah dait kain na kane ka jait kain.
22. **U Teinthap** : Une u dei u jait niut ba long ksai. Ha ka
jingshisha don kiba bam jhur ia u sla lung. Hynrei don
pat kiba haba la kynthah u Teinthap, ki da shitom jur. U
Teinthap u mih ha ri tban bad ha ri jrong ruh. Hynrei um
juh ha ki jaka ba jur thah.
23. **U Synrem** : U Synrem u don tang ha ki jaka ri tbian, u
kham bun eh ha ri war. Ki sla ki don ka jingsyriem katto
katne ia ka sla tu-shlim.

24. **Ka brah lum** : Kane ka syriem ia ka dieng kain lum, tangba ka heh sla. Ka phuh syntiew ha u June, ki phuh ki lieh bad itynnad. Kane ka jait ruh kaba siat kum ka kain hi.
25. **U Jaiur** : U Jaiur u dei uba iadei eh ban tylliat tungtap etc. hynrei lada bam bun u lah ban pynsniew namar wat ka dohkha ruh ka iap lada shoh jaiur.
26. **U Phan dieng** : Na ki lai saw jait ki phan dieng, uba khlain eh ka bih dei u phan dieng saw. Ka bih ka shong ha u snep. Kumta haba shet phandieng ki da khoh bha ia ka snep.
27. **U Jlanoh** : Uba long jyrmie kum u jaitkhan iong. Une uba longbih. lada kum bam lah ban iap. U don sha kongthong.
28. **Ka Shyah** : Ka Shyah ka long bih na ka thit jong ka. Lada ka sied ha met ka long prum. Lada pam ha um, iap ka dohkha kumba shoh shun. La ong ba u Koh (sim) u shait kyrsum ia lade da ka thit shyah, u sa ngam ha um. Ka dohkha kaba don ha jan ka shohbriet. U sa bam suk.
29. **Ka Temsinglar** : Kane ka dieng ka don ha ki ri jrong. Ki sla jong ka ki kylla stem lut ha ki bnai synrai bad hap artad Kane ka jait dieng ruh kaba longbih.

KI SOH BAD JINGBAM NA KHLAW

Ngi long kiba riewspah da shisha ha ka jingdon ki mar khlaw. Napdeng kine, ngi don da ki spah ne da ki hajar jait kiba long ban bam ki briew. Kine kiba la ai kyrteng hangne ki long tang kito kiba la ioh ban lum tang na ki katto katne ki jaka. Ngam artatien ba ynda haba la ioh ban lum na baroh ki lum bad ki them jong ngi, yn nang ioh kyrhai kum kita. Ia mynta hi, yn shu jer kyrteng ia ki bad ai jingiathuh lyngkot namar lada yn ai ka jingiathuh kaba bniah man kawei pa kawei, kan shim da ki phew lane kot spah page ruh.

1. **Ka thylliang kynthei** : Ki bam ia ka soh, Ka soh ha ki thied bad ka ih ha u July-August.
2. **Ka Thylliang shynrang** : Bam ia ka soh bad ka snep dieng. Kane ruh ka soh ha ki thied - ka ih por khmat tlang haduh por tlang.
3. **Ka soh shiat** : Sha Bhoi ki khot ka soh kynpin, sha Nongkynbah ki ong ka soh sham, sha Umsohpieng ka dieng doit. Ki bam ia ka soh bad ka sla. Ka ih por lyiur.
4. **Sohtynjob** : Bam ia ka soh - Ka soh ha trai dieng. Ka ih por Synrai.
5. **Ka Sohpong pyllun sla** : Bam ia ki soh bad ih por Synrai.
6. **Ka Sohpong shrong sla** : Bam ia ki soh bad ih por Synrai.
7. **Ka Sohpong Rit** : Bam ia ki soh bad ih por Synrai.
8. **U Sohkyrwiat** : Sha Nongkynbah ki khot u Sohtangwar. U don tang sha ri tbian bad u ih ha u May-June.
9. **Sohum** : Ka don sha khmat lum bad ih por Pyrem.
10. **Soh-li-ia** : U don sha ri tbian bad ri jrong - u ih ha ki bnai April-May.
11. **Soh phie** : U juh ha ri jrong, u mih ha ri tbian ruh bad u ih ha ki bnai pyrem.

12. **Soh phie 'nam ':** U jait sohphie rit, u ih ha u April-May.
13. **Soh buit rieh :** U don tang sha ri tbian bad u ih ha ki bnai pynnoh Lyiur.
14. **Sohkhlot heh :** U don tang sha ri tbian. U dei na ki jait jyrmie. U heh soh kat u kwai rit bad u ih por Synrai.
15. **U Sohkhlot rit :** U soh jong u u syriem kat u 'wai laper. U kham ih lap ban ia u sohkhlot heh. U dei hi u jait jyrmie.
16. **U Soh Ramdieng :** U don tang sha ri tbian. U ih por Lyiur.
17. **U Soh Jadaw :** U syriem soh ramdieng tangba u rit bad um thiang kum u soh ramdieng. U ih por lyiur bad u don tang sha ri tbian.
18. **U Soh Niahli :** U don tang sha ri tbian - u dei na ka jait tlai.
19. **Soh thri :** U dei uba pur bad bun shiah. U ih por pyrem bad u don tang sha ri tbian.
20. **U Soh thri ktieh :** U dei na ki jait thri - u kham ih dier ban ia u thri.
31. **U Risaw :**
22. **U Riphin :**
23. **Ka Tlai :** Ka don tang sha ri tbian. Bam ia ka met bah kaba hapoh ka snep.
24. **Soh lurpung :** U jyrmie u ih por lyiur, u don tang sha ri tbian.
25. **Soh mie lyngkait :** U jyrmie - u don ha ri tbian bad ri jrong ruh. U soh u ih por lyiur.
26. **Sohliang :** U don tang sha ri tbian. U ih por tlang. bam ia u shyieng.
27. **Ka Nub :** Ka jyrmie heh - ka don tang sha ri tbian. Bam ia u soh (shyieng).
28. **Soh lynnai :** U don tang sha ri tbian. U ih por synrai bad ki bam ia u soh bad u shyieng.
29. **Soh brai :** U long diengbah bad don tang sha ri tbian. Ki bam ia u soh bad u ih por synrai.

30. **Soh broi** : U don tang sha ri tbian. U dieng u syriem ia u sohkhlor eit blang. U ih por pyrem.
31. **Soh Myntait** : Ka don tang sha ri tbian. Ka ih por lyiur
32. **Soh shan** : U don ha ri tbian bad rilum. U ih ha u May-June bad ki bam ia u soh.
33. **Soh Karu** : U syriem soh shan, Une u kham ih lap.
34. **Soh shiah ne sohprew** : U dei u dieng shiah. U ih ha u Iaiong - Jymmang bad u don ha ri tbian bad ri jrong ruh.
35. **U Sohkhawiong** : U don ha ri jrong bad ri tbian. U ih ha u May-June. U dei u dieng shiah.
36. **Soh laper** : U jait kwai khlaw. U ih por synrai. U mih sha ri Bhoi bad ri war.
37. **Soh kyrwoh** : U jymie - u don tang sha ri tbian bad khmat lum - u ih por Synrai.
38. **Soh dabia** : Ka dei ka jait jymie. Ka soh ka syrien ia ka soh myntait. Ka ih por Synrai.
39. **Soh pdung** : Ka bun eh sha ri lum. Ka ih por lyiur.
40. **Sohlang** : Ka mih ha ri jrong. Ka ih por synrai.
41. **Ka Sohlang rit** : Ka mih ha ri jrong. Ka kham ih dier ia ka sohlang heh - Ka soh ka lam kthang.
42. **Ka Sohlang eit ksew** : Kane ka long diengbah. Ka don bun sha Swer. Ka ih por Synrai.
43. **Ka Soh eitniang** : Sha Siatbakon ki khot ka soh myndong. Don kiba khot ruh ka soh pylleng. Ka ih por synrai bad tlang.
44. **Soh Syllei** : Une u bun sha ri Bhoi.
45. **U Sohmon** : U don ha ri jrong bad ri tbian bad u ih por synrai
46. **U Soh ot** : U don ha ri jrong bad ri tbian.
47. **U Soh jhih** : U don tang sha ri tbian.
48. **U Soh Ram** : U don sha ri war - Bam ia u shyieng.
49. **Sohpieng shrieh** : U don sha ri tbian bad u ih por Pyrem.

50. **Latohtih kynthei** : Ka don sha ri tbian bad ri jrong.
Kane ka ih ha ka por tlang bad ki kjit tang ka um.
51. **Soh pen** : U don ha ri jrong. U met syriem sohphlang.
52. **Ka Sohryntu** : Ka don ha ri thian. Ka long diengpdeng
bad u soh u syriem ia u soh mi ryngksai.
53. **Sohtah** : Ka don ha ri lum bad ri tbian. Ka dei kaba
shiah. Ka don haduh lai-saw jait. Don kaba ih por lyiur,
synrai bad tlang.
54. **Soh pait-puraw** : U dei u jait jyrmie - syriem soh kyrwoh.
U soh pat u syriem sohkhylam. u ih por synrai.
55. **Ka Rwalang** : Ka dei ka jait niut kaba don tang ha ri
lum. Ia ka phuh jong ka ki bam.
56. **Ka Lynniang** : Ka dei ka jait niut - bam kwai ia ka thied.
57. **Myntait** : Bam kwai ia ka thied.
58. **Bat Laidong** : Bam ia u sla.
59. **Bat tdong masi** : Bam jkhur ia u sla.
60. **Soh mad** : Bam ia u soh. U soh u ih por tlang.
61. **Sohmad pathaw** : U jait sohmad uba heh tam. Bam ia
u soh.
62. **Rymbai shrieh** : Bam ia u soh.
63. **Soh pair** : U ih por tlang - bam ia u soh. U bun sha ri
Bhoi.
64. **Soh mylleng** : U bun sha ri bhoi. Ih por tlang.
65. **Soh Bhala** : Ka mih sha Bhoi bad ka long diengbah.
66. **Sohprew** : Ka long diengbah. Bam ia ki sla bad ki soh.
Ka bun sha ri Bhoi.
67. **Sohkhlur eit blang** : U Sohkhur uba rit soh. Ih por
Pyrem. U don ha ri tbian bad ri jrong.
68. **Pein khar** : Bam kwai ia ka snep - ka jait dieng ka bym
heh dieng .
69. **Soh kthut** : Bam ia ka soh.
70. **Soh kthut bam jhur** : Kaba long sawdong ka dieng.
Bam jhur ia ki sla.

71. **Bat khliang syiar** : Uba pur ha khyndew - Bam ia ki sla bad jyntang.
72. **Soh Khyllam** : Bam ia u soh - ih por tlang. U don ha ri tbian bad ri jrong.
73. **Hur Sher** : U diengrit bam jhur ia u sla lung.
74. **Balensha** : U jhur uba pur ha khyndew. Bam jhur ia u sla.
75. **Sohsawiah** : Bam jhur ia ka wang.
76. **Teinthap** : Bam ia u sla lung.
77. **Khoitnai** : U lynnai ba sdang sei phuh. Bam ia u khoit.
78. **Soh ben** : U long jyrmie, bam ia u shyieng.
79. **Soh mylloh** : Bam ia u soh. U bun sha Sohkhmi.
80. **Soh thynroit** : Bam dawai ia ka soh.
81. **Soh krotmet** : Bam ia u dohmet (tuber). Pynlong slasha.
82. **Krot lum** : Ki bam ia u lung.
83. **Dieng pyiur** : Bam jhur ia ka phuh. Ka phuh ha u February bad ka don tang ha ri lum.
84. **Lung siej** : Bam ia u khoit lung. Don bun jait ki siej ki ba long bam.
85. **Soh sat** : Bam ia u soh syriem kum u soh mrit.
86. **Soh Kpu** : Uba mih sha ri war. U phuh phom phom bad u shyieng uba eh bad lyngkniap.
87. **Soh lynthar** : U jyrmie - bam ia u soh. U don ha ri tbian.
88. **Soh lyngksan** : U jyrmie - bam ia u soh.
89. **Soh kroi** : U jyrmie bam jhur ia u soh - u kthang.
90. **Soh Sameh** : Ka dieng-pdeng. Ka don ha ri tbian bad ki bam la ki soh.
91. **Soh Sameh Blang** : Bam ia ka soh. Ka don ha ri tbian bad ri jrong.
92. **Soh ma** : Ka don ha ri tbian bad ri jrong - bam ia ka soh.

93. **Soh tyngab** : Kynja niut pur - bam ia ki soh.
94. **Pai traw** : Bam ia u thied.
95. **Sohtoit khlaw** : Bam ia ka dohmet. Ka phuh stem.
96. **Tyrkhang sdieh** : bam jhur ia u jyntang bad sla.
97. **Sohlah** : Bam ia u met bad ia ki soh - uba pur.
98. **Soh kysiew** : Bam ia u soh. Uba pur.
99. **Kor Blang** : Jait jyrmie heh - bam ia ka sla.
100. **Kor Blang** : Ka miut - bam jhur ia ka sla.
101. **Sohlynshang pyllun** : U jyrmie - bam ia ki shyieng.
102. **Sohkhia khnai** : Bam dawai bad bam kai ruh ia u jyntang bad sla.
103. **Hur Sheng** : U syriem ia u shynrai. Bam jhur ia u sla lung.
104. **Soh pian** : Ka dieng sha ri war - bam ia ka soh.
105. **Kait 'ieng** : Ka kait khlaw. Bam jhur ia ka khoit bad ka siar.
106. **Dhonia khlaw** :
107. **Sohkhia skei** : Bam jhur ia u sla bad jyntang.
108. **Dieng sheng** : Bam jhur ia u sla.
109. **Soh khain** : bam ia ki soh.
110. **Sohkynphor shrieh** : bam ia ki soh
111. **Sohkhawiang** : Bam ia ki soh, bam jhur ia ka khoit
112. **Soh Snailang** : Bam ia u soh - u don sha ri war.
113. **Ka dieng snailang** : Bam ia ki soh
114. **Soh mluh** : bam ia u soh.
115. **Soh tapmoh** : Bam ia ka soh - ka don sha Bhoi.
116. **Soh rashi** : U don sha ri Bhoi.
117. **Ka Soh salait** : Ki bam ia ki soh.
118. **Ka soh khu** : Ki bam ia ka soh.
119. **U Ler Um** : Ki bam ia u sla.

120. **U Rshan** : Ki bam ia u soh.
121. **U Phan larun** : Uba pur.
122. **Phan thied** : Uba pur.
123. **U hur pohkrang** : Ki bam ia u sla.
124. **U Ler**: Ki bam kum u tymbew.
125. **U Sohprut** :
126. **U Tit siej** :
127. **U Sohryngkham** :
128. **U Lyngkyrneng saw** :
129. **U Bat tyrphin**:
130. **U Phan biang** : Uba pur
131. **U Phan sniang** : Uba pur
132. **U Sohshur** :
133. **Ka Latyrdop** : Ki pyndonkam ia ka snep.
134. **Ka Pyrshit** : Ki bam ia ka snep
135. **Sia-sia** : Ki bam ia ka snep.
136. **Dieng syiem** : Bam ia ka snep
137. **Soh khyllung** : Uba long diengbah, ki bam ia u soh
138. **Soh krut** : Bam ia u soh
139. **Sohrang** : Dih tang ia ka um.
140. **Ninglieh** : Ki dih ia ka um.
141. **Patiewia** : Ki dih ia ka um
142. **U Stap** : Ki dih ia ka um.
143. **Sohmyntait** : U ih ha ka por lyiur.
144. **Sohlympied** : U ih ha ka por lyiur.
145. **Hur tangduma** : Bam jhur ia u sla.
146. **Soh ot stap iong**
147. **Sohriewlong** : Bam ia ki soh
148. **Sohtynriew** : Bam ia ki soh
149. **Synrem** : Bam jhur ia ki sla.

150. **Soh lwia** : Uba thiang bluín. U soh naduh tynrai haduh tnad.
151. **Soh kiad** : U ba rit kum u phlang bam ia ki soh
152. **Soh prah** :
153. **Soh khah**
154. **Soh lapadong**
155. **Tiew jain** : Bam jhur ia u lung.
156. **Lapamtiah** : Bam ia ka soh.
157. **Hurthli** : Bam jhur ia k1 sla
158. **Dieng jyllong** : Bam jhur ia ka sla lung
159. **Dieng Tulsí**
160. **Lamyrwai** : Bam ia u sla
161. **Soh kiad** : U dieng uba don um K1 skei ki bam bha. U heh kat u kwai u thiangbluin. Lada phiah u jaw um jrúp-jrúp U don ka jingsma kiad. U ih ha u bnai synrai.
162. **Jrisim** : Bam jhur ia k1 shylluít lung.
163. **Soh shlan** : Syriem sohphan
164. **Sohram ruin** : Bam ia ki soh.
165. **Sohkrot heh** : Bam ia ki lung
166. **Sohpohnong**
167. **Sohshrilang**
168. **Sohsat Khlaw**
169. **Soh jakdam**
170. **Sohiong tlang**
171. **Sohshajieh** : K1 sla kum ka sohsawiah, u soh kum u sohkyrsiaw.
172. **U Ri ksew**
173. **U Sohkhwai** : U heh kat u soh tapmoh, u shyieng u long kum u khwai - u ih por synrai.
174. **Latyrkami** : Bam jhur ia ka lung.
175. **Sohkhia skei** : U don sha ri jrông, u khie lung ha u April.

176. **U Soh klong** : U byrjew. U sla u syriem ia u sla jaiur,
u heh kat u sohphoh klong, u ih por pyrem.
177. **Ka Simet lane ka dieng 'nemsniew** : Ka soh ka syriem
ia ka sohryntu.
178. **Ka Lymbaw**
179. **U Sohkait** : U jrong sla ki soh kiba rit - u snep u long
ksai.
180. **U Dieng rnong ne dieng niangmat** : K_i bam ia u phuh
181. **U tit tung**
182. **U tit phet**
183. **U tit tangrai**
184. **U tit thlong**
185. **U tit iong**
186. **U tit thnatsyiar lieh**
187. **U tit dympuin**
188. **U tit eitmasi**
189. **U tit kor**
190. **U titsiaw**
191. **U tit thnat syiar**
192. **U tit khoh**
193. **U titkseh**
194. **U titdoh**
195. **U titlbong hati**
196. **U titkdait**
197. **U titdud**
198. **U titsia**
199. **U tit shkorblang**
200. **U tit snierblang**
201. **U titsohpailen**
203. **U tit traw**
204. **U tit tyngab**

205. **U tit stem**
206. **U titmot**
207. **U soh myrsiang**
208. **U sohmylliang**
209. **U sohlyngkait syllai**
210. **U sohlymwai tlang**
211. **U krot slasha**
212. **Ka khoitkait**
213. **Ka siar kait**
214. **Ka khoit iong**
215. **Ki lungsiej**
216. **U tit tynrai - long dur shatru**
217. **U tit dorbar iong**
218. **U tit dorbar lieh**
219. **U tit thylliaj masi**
220. **U tit sikret (mih kum ki shympriah)**

Nalor kitei ba la ai ha kane ka kot la kynthup kumba
 shupah jait ia ki markhlaw kiba long bam ha ka kot
 'KIBA NGI KHOT JA:

Ki dang don ruh shubun ki mar khlaw kiba long ban bam
 ia kiba ym pat lah ban kynthup ha kane ka kot.

U PHLANG U KYNBAT

1. **U Syntapai** : Une u dei u jait phlang uba mih ha ri tbian bad ha ri jrong. U dei u jait lang pur u ba rit sla, u lah ban heh ban san ha ka dew eh bad maw. Uba itynnad ban thung ha phyllaw, hynrei uba pynsniew eh ia u jingthung. Ki thied jong u ki long dawai suhot.
2. **U Phlang siej rot** : U don ha ri tbian bad ri jrong. Ki sla ki syriem ia u siej. U long uba eh. Ka blang ka masi kim da kham bam. Ki sla jong une u jait ki syriem ia ki sner jong u rot (kir).
3. **U Phlang siej jem** : Une u jait u kham jem. U don katto katne ka jingsyriem ia u prut. Ia une u jait ka masi ka blang ki bam. Une u jait ruh u don ha ri jrong bad ri tbian.
4. **U Langtylli** : U ju paw kyrteng ha ka thoh ka tar. U don ha ri tbian bad ri jrong. Ia u langtylli ki ju sop-ing, sem masi, sem sniang bad sem syiar. U dei u jait phlang uba eh, u heh bad jrong. Une u leit kam eh ha kaba sop ia ki sem jingri namar ba u shah slem wat la ym dei tдем.
Ki nongri masi ha Upper Shillong, ki iathuh lada ai masi da u langtylli ka masi ka kdang kloi bad kam thngan kloi, hynrei duna ka jingai dud. Ka masi kaba ju ai dud 5 liter, lada ai langtylli kan ai sa tang kumba 3 liter.
Don ruh ki jaka kiba pynlong rukom ban buh langtylli ha jingthang briew tang mar shu dep lum shyieng.
Ki khynnah ha nongkyndong ki ju ia lehkai iasum da u langtylli tang da kaba kdiah na u mat bad pynsah tang shi mat bad u kob.
5. **U langkba** : Une u don tang ha ki lum kiba kham ritbian. U syriem eh ia u kba, u heh, u jrong, u plung bad jem. Ka masi ka bam bha bad ka sngaid haba ka bam lang kba. Ha ki jaka ba u don, u roi haduh ba kiwei ki jait phlang ki troin lut. U dkhan u bam bha, bad u ju shong

snem ha tnrai u lang kba. U 'khan ktem, u juh eh hapoh langсах jong u langkba.

Une u phlang u phuh syntiew ha ka por Synrai. U ngap u pahuh jingbam bha ha ka por ba u phuh.

6. **Lang tdong-brai** : Une u jait phlang uba mih kynrei ha ri khriat. Ki phun ki syriem ia u tdong brai, u sdang phuh naduh u April bad neh jingphuh haduh por synrai.
7. **U Langriat** : Une u jait phlang u juh eh ha ki maw riat, jaka maw bad mawsiang, um don bun ha dew met. U don ka jingsyriem ia u sder, u lam sniuh bad phot kum u sder. une u phlang u mih ha ri syaid bad ri khriat. Ka masi ka bam bha.
8. **U Langtor** : Une u jait phlang u mih bun bha ha ki pynthor kba hym don um. U don katto katne ka jingsyriem bad u sier, la khot ia u u langtor namar um skhem, lah ban rat da kaba suk.
9. **Langkyndang kir** : Une u dei u jait phlang uba jrong sla. U phuh syntiew por synrai. Haba u la sei phuh, u symphiah u jwat bha, ka masi ka bam bha ia une u jait phlaug.
10. **U Prut** : U don ha ri tbian. Bun na ki sailung la tap da u prut. Ha ki jaka ba u rben, u tap lut ia ki maw bad khohruh-khohram baroh. U phuh syntiew ha u Risaw – Naiwieng. Ki phuh ki saw bthuh. Ha ka por ba phuh prut, dei ka por ba mih ñiangsaw bad une u ñiangsaw u shong ha phuh prut. U ñiangsaw u long lehse uba rit tam na ki khniang bad haba u snoh ha met ym lah ban iohi lymda peit bha, kumta ki ju kyntha ñiangsaw da ka thit sohphan. Na kane ka daw, bun kiba kham kiar ban kyrthom ia u prut ha ka por phuh syntiew namar ba u bun niangsaw. Ia u prut ki bam bha ki masi ki blang. U long ruh u syntiew uba boi bha u ngap – u long uwei uba myntoi ia ka kam ri-ngap. U prut u ai jingialehkai ia ki kynnah :
 1. Ki sngewtynnad eh ban ia tyllun kai ha prut
 2. Ka don ka jingialehkai bnoh prut
 3. Ki ju shna ia ka sati prut kaba itynnad shibun. Ia ka sati prut ki shna na u thied uba pynhiar na ki

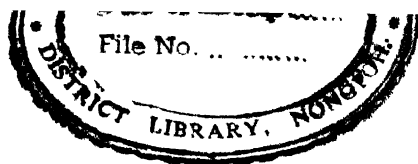
mat, ki thied prut ki don ar lai rong. U prut u ioh jaka ruh ha ka thoh ka tar.

11. **U Langsyng** : Une u phlang u don tang ha ri jrong. Ym ju lap ha ri syaid. Une u phlang u don ka jingsma iwbihi kaba khlaiñ bha, ka jingsma ka syriem kum u sla sohmad, u puh syntiew por Synrai. Sha ki thain Myllem ki ju suh tynsok da une u phlang. Ia une u phlang ka masi ka bam bha hynrei la iathuh ba lada bam u kulai, u pynhiar kpoh.
12. **Langsniang** : Une u jait phlang u dei uba rit sla bad ki sla ki long kum ki thyrnai. U mih bun eh ha ki thain Lum Laitryngew-Sohra. Une u jait phlang u mih wat ha ki jaka maw bad mawria. U lyngkot rynieng tang kumba shi khup ne shi tda
13. **Langphot** : U jait phlang uba khain kher-kher ka sla, u mih bha ha ki jaka ba long ktieh. Ki sla ki jrong bad don shrong kiba rit baroh ar liang.
14. **Langsaw** : Une u phlang uba heh u jrong pung kat u namlang. U jyntang uba saw hain hain.
15. **Lang sna-iap** : U jait phlang uba puh syntiew ha u April-May Ha ka por ba puh une, ki ju ong lkhmemet (shoh thait). U don ar klap ki puh bad u don tang ha ri tbian.
16. **Jyllang ka boit** : U dei u jait phlang uba mih harud wah bah. U syriew ia u bat-kseh – ki sla kiba jyrngam bha.
17. **U Traw** : U jait phlang uba mih ha riwar, ri lum bad ri bhoi. U wei u jait phlang uba bha eh ban sop ing. U puh lieh bad long phom phom kum u kynphad. Ki thied ki lah ban suh jngai hapoh khyndew. Lada klap u thiang syriem ia u pai.
18. **U Langni** : Une u jait uba ni bad jem. Um don kynrei ha ri khriat. U puh syntiew ha ki bnai khmat tlang. Katno sngewtynnad ban shongkai thiah kai halor une u phlang haba u la sei puh. Don ki jaka ba ki leh tusok da une u phlang.

19. **U Langpur** : Uba jem shibun eh. Uba bha ban bam ki jingri, uba bat um. Haba mih une u phlang, wat ha ka por tlang, ka khyndew ka sngem. Ia une u jait la pynroi ha ka por ba long Director Agriculture u Sahep Woodford. Kat sha ba leit ki A/D (Agricultural Demonstrator) ki dei ban rah ia une u phlang bad bsuh ha khyndew, shithning ar thning man ka jaka.
20. **U Langiong** : Uba bha eh na ka bynta ki masi khem dud. U phuh syntiew ha u June. Ki phuh ki don 3 ne 4 kiap. Ki kiap kim ju ia sei najuh kumba sei u krai ne sier. Na kine ki phuh, u pynroi symbai.
21. **U Phlang Korali** : Une u syriem shibun ia u rai shan, tangba um lieh blad kum u raishan, hynrei uba lam byrsaw. Une u jait uba bam bha ka masi
22. **U Rai (Rye)** : Une u dei u jait phlang uba ki ju rep ha Upper Shillong farm ban ai jingri. Hynrei ki don kiba ong kaba ai da une u jait phlang ka masi ka liet khun.
23. **U'Langsier** : U sier u dei na ki jait phlang heh. Kiba bun na ki sier, ki sla jong ki ki syriem eh ia ki sla u tiew llyngksiar.
 - (a) U Sier krai – une uba soh bad ki soh ki long rynjup rynjup. Haba u la ih, u saw kum u raitruh. U long ruh uba soh bun bha. Ju phruh syiar da ki soh. U ih ha ka por ih krai. Don ki jaka ba ki pyndonkam ia ki sla jong une u sier ha ka knia syiar. Ka daw balei ki pyndonkam ia u ka dei namar mynba u syiar u leit sha tyngkong ka Sngi ban leit iasaid ba kan wan mih biang, la ong ba u rah jingbam ban bam lynti da ki symboh jong une u ha sier.

Une u sier u long uba mih bun bad u mih bha ha ri tbian bad ri jrong ruh. Ki sla ki khain, ki jyrngam bha bad jrong.
24. (b) **U Sier Kpieng** : Une u jait sier um jrong ryning. Ki phuh ki lieh shoit – shoit bad u phuh por pyrem. Ki soh pat ki iong itynnad bad pyllong kum ki kpieng. Une u kham don tang ha ri jrong.

25. (c) **U Sier kynthong** : Une u lang sier u syriem shibun eh ia u langtor. U puh syntiew tang ha kliar, ki puh ki shu mih lang ha kynthong lung.
26. (d) **U Sier laidong** : Une u sier uba don lai dong bad ki dong kiba nep kum ka syrti. U kham juh ha ki jaka dymmiew bad kata ruh ha ki jaka khmat lum. Haba rat ia u sier laidong dei ban bat skhem trait – tang bakla, u la ot ia ka kti.
27. **U Langdait** : Une u kham juh ha ki lum twa. U puh u syriem ia u kdait. U kham heh shibun ia u langsaw.
28. **U Sier lieh** : Une u dei u jait sier uba mih ha ri jrong. U puh ha u June. Ki puh ki leh shoid shoid.



KI PHLANG U SIEJ

Ha kane ka lynnong kaba ngi jer U Phlang U Kynbat, yn kynthup ruh ia ki phlang siej. Na kine don kiba la idei ban khot ba ki dei ki siej kum u kdaít, u lynnai, u japung etc. Hynrei ki riewstad Science ba dei ia u siej, ha ka jingwad bniah jong ki, kim shym kynthup lang bad ka kynhun jong u siej. Hynrei ki la pynhap lang sha ka kynhun jong u phlang. Kumta ha kane ka kot ngi íamir jingmut lang bad ki stad science ba kine ki dei ha na kur jong u phlang.

1. **U Khah** : Une u mih bha sha ki ri shit, hynrei haba thung ia u, la lap ba u íaderi bha ha ki ri khriat ruh. Ia u khah ju kham pyndonkam ha kaba ker kper bad kata ruh da kaba shu thung ha ki dongkper. Une u long uba suk ban thung.
2. **U Nor** : Ia u nor ngi lap ba u don kkynrei ha ki jaka khap dkhar Lap kyrei ha ki jaka Tharia sha kjat ki Lum Khasi haba kren ia u nor, ka pynphalang ruh ia ka jingrwai u Sier Lapalang. U sla u kham jem ia ki sla jong u khah.
3. **U Japung** : Ia u Japung ngi lap kynrei ha kylleng ka Ri Khasi, Ju íohi ba ki briew ki thung ha ki dongkpor. Une um dei uba da larkam eh.
4. **U Japung ja** : Na ki jait japung baroh dei une uba donkam tam. Ha ka tangmuri dei da une u jait ki pyndonkam. U long uwei na uba ngi íoh ia u lwar thain shylliah. U shylliah ba la thain na u Japung u dei uba syaid bad jem. Ki don bun ki jaka ha kaba ki thain ia u shylliah na une u Japung.

Sa kawei skuh ka jingtip kaba kham pynpyrkhat ka long ba ha ki por ba kham mynhyndai, ki nong kfia ha ka bynta ban shong ki pyndonkam tang da u shylliah ne dam Japung. Don ki jaka kiba haduh mynta ruh ki dang leh kumta. Une u jait japung u kham juh ha ki jaka ba sngem bad long dew ktieh.

5. **U Japung nar** : Une u dei uwei pat u jait uba bha ban pyndonkam, hynrei um kot kat u Japung ja. Une ruh u juh bha ha ki juh ki jaka ba mih u Japung ja. Ki dieng (stem) jong kine ki arjait ki japung kim shym heh kum utei u japung ba nyngkong.
6. **U Phonglyngkyrthi** : Une u jait u mih bha ha ki jaka khriat bad jaka ri tbiang ruh. Une ruh u kham larkem ha kaba sieh ha ki dongkper, namar u long jingker artad. ha ki por kham mynshwa, ju pyndonkam ia u phong jong u ban sieh ha u Namtynsiang, u biang bha ban pyndonkam ha u Nam tynsiang namar ba u beit sak bad ruh ka jingheh jingrit ruh ka biang.
7. **U Lynseng** : Ia u lynsong don kiba khot u khaseng. Une u mih bun eh ka ki syllai. U dieng lynseng u heh kat ka tikmie bad u biang eh ban thaw lymphiang na ka bynta ban phiang sder bad phiang traw. Une um don thliew ha pdeng wat la u don ki mat kum u siej. U sla jong u uba khaiñ kher-kher. U phuh syntiew ha ki bnai October-Novermber bad u phuh jong u uba jem bad long phum-phum.
 Kaba phylla pat ia u lynseng ka long ba naduh hyndai kulong kumah haduh mynta ruh, horkit – hordang ym ju bit ban sympat ia ki khun da u lynseng. Ka daw ka long, ki ngeit ba lada sympat da u lynseng ki khun kin khrew. Wat ki nongsharai masi ruh, kim ju sympat ia ki masi ki blang da u lynseng.
8. **U kdait** : U kdait um don ha ki ri khriat. U mih kynrei eh ha ki ri war bad haduh ki jaka kiba jrong kumba 1400 meter na sla duriaw. Sha Ri Bhoi ruh u don bun jaka jaka. Une u dei uba bha shibun eh kum u jingbam masi. Ha ki jaka rep jhum, haba la dep rep dei u kdait uba mih nyngkong angta sa bud sa ki dieng. U phuh jong u uba bha shibun eh na ka bynta u ngap. Ha ka por phuh kait, u ngap u bha.
9. **U Lynnai** : U Lynnai u dei uwei na ki markhlaw kiba kordor eh. U long uba iadei bha ban bsa ia ki masi ki

kulai etc. Dei na u lynnai ba ngi ioh ia u synsar. Mynta ha ka jingshisha na ka bynta ki nongrep, u Lynnai u la kylla Mawlynnai. Ki die ha ka dor Rs.30/- shi kg.u synsar bad ki nongrep synsar ki la mandiang mynta. U lynnai u dei u dawai khmat uba bha eh.

U lynnai u don ka jingiadei bad ka Khamatang kaba u don ka bynta ban iai pynsah kynnaw ia kata ka Juk mynba ka Sngi ka la leit buhrieh ia lade na khmat ka Meiramew. Dei tang ha u sla lynnai bad kata ruh ha uwei pa uwei u sla la shon shap ia ka dak sah jingkymaw ia kata ka jingia, (Ia kane ka bynta ngin iohnoh shwa bad iatai bha ha kawei pat ka jaka.

10. **U Sder** : U sder u dei u wei pat na ka kynhun ki jait phlang. Dei u sder uba pynioh jingsop iing trep naduh kyndai eh bad wat haduh mynta ruh, bun na ki paid duk ki dang ioh ban sop iing da u sder. Ia u sder ha ki por mynshwa ki da rep ia u. U sder u la ioh ruh ka bynta ha kaba pynriewspah ia ka ktien khasi. Dei na u sder ruh ba ngi ioh ia u phong uba ki thaw ia ka singphong.

U JYRMIE JYRTEH

U Jyrmie u dei uwei na ki mar khlaw kiba kordor eh. U long uba kordor namar u long uba donkam eh ia u khun bynriew ha ki bun rukom.

Ki jyrmie ki don bun jait. Don kiba heh don kiba rit don kiba mih ha ri tbian don pat kiba mih ha ri jrong, don pat kiba mih ha baroh ar. Bun bah na ki jyrmie kiba long dawai. Bun ruh kiba ia ki soh jong ki, bam u briew bad u mrad. Bun bah ki jyrmie kiba long ki jingteh kiba jwat bad neh slem. Kumta ki pyndonkam ha kaba teh ing shong briew, ki sem bad skum jingri. Don pat napdeng ki jyrmie kiba longbih don ruh kiba pynsboh ia ka khyndew ha ka rukom kum ka sdoh dawai. Haba shu ong lyngkot, u jyrmie u long uba larkam eh ia u briew. Lada ym don jyrmie ha ki khlaw bad ki lum ki wah, ngin jin da la long kiba duk eh ha ki mar khlaw.

Kumba la ong, ki don bun bah ki jait jyrmie ha khlaw, ha ka jingpyrshang ban lum ia ki, kine ba la ai hangne ki long katto katne na ki.

1. **Mie lyngkait** : U mih ha ri tbian bad ri jrong ruh. U long jyrmie bah, u sla u kham heh ban ia u mie-lieh. U soh jong u, u ih por synrai, u stem bha haba u la ih bad u don ka jing iwbihi syriem ia ka kaitmon. Ki bam bha ki briew bad ki mrad. U mie lyngkait uba bha shibun eh ban teh iing, jingkieng etc.
2. **Mie star** : U don tang ha ri tbian. U juh ha ki jaka krem ba long kshap. u jyrmie u long lyngknep syriem ia u sla star. U phuh syntiew por Pyrem bad ih por synrai. Ia u soh bam bha u bshad bad ki sim. U jyrmie star u long uba jwat. Ki ju the jingkieng, teh iing etc.
3. **U Sohlurpung** : U don tang ha ri tbian. U long jyrmie bah. U phuh u lieh bad u soh u heh kat u sohiong, u ih por Synrai, ia u soh ki bam ki briew bad ki mrad. u bshad u bam bha ia u. U jyrmie uba jwat. Ki pyndonkam ha kaba teh jingkieng, teh ing etc.

4. **U Mie ryngksai** : U mih ha ri tbian bad ha ri jrong. U jyrmie uba jwat shibun. U soh u syriem ia u ri. Ki bam ki khnai, risang, khmud, sharyntin etc. Hynrei u long bih ia ka dohkha. U Mie ryngksai u pynsboh ia ka khyndew khamtam u krai u heh bha na ka sboh Mie ryngksai.
5. **Mie Saw (a)** : U long u jyrmie bah, u don ha ri tbian. Ki soh ki ih por Synrai. U Jyrmie uba bha ban the jingteh. Ia ki soh ki bam bha ki sim.
6. **Mie Saw (b)** : U don ha ri jrong bad ritbian. Une ruh u long u jyrmieh heh. Ki soh pat ki rit kat ki soh ka dieng sohlormaw Une u dei uba ki shet dawai. U pynmih ka rong kaba saw bha. Na ka bynta ban shet dawai, u kham bha uba mih ha ri jrong. Ki kham pyndonkam ha kaba shet dawai niangsohpet da u thied ne da u jyntang.
7. **Mie Lyngksar** : U mih ha ri jrong bad ri tbian. U dei na ki jait jyrmie heh. Lada dain dkhot, tang shu pyrsad ka mih ka um, kane ka um don kiba pyndonkam dawai khmat. Ia a jyrmie ju pyndonkam ban teh jingteh.
8. **U Pyrew khnai** : U mih ha ri jrong bad ri tbian. U rit sla. U mih thit kum ka dud. Um da heh jyrmie hynrei u la biang ban teh kper etc.
9. **U Pyrew heh** : Une u pyrew u don tang ha ri tbian. U sla u heh. Uba jwat ban teh ing, teh kper, jingkieng etc.
10. **Mie bteng** : U jait jyrmie uba jem, u don tang ha ri tbian. Une u jyrmie lada u dkut bad um kynduh khyndew ruh u im. Lada buh ha lor dieng (bym da jngai na khyndew), un pynhiar thied nangta haduh khyndew.
11. **Mie masem** : U don ha ri shit bad ri khriat, tangba ha ri khriat um heh, katba sha ri syaid, u heh bad put jngai. Une u jyrmie uba pynsboh ia ka khyndew. Ki nongrep krai kim ju bret ia u jyrmie masem na lyngkha, namar u pynheh bha ia u krai. U long dawai ruh ia ka pang bniat bad pang khmat. Na ka bynta ka pangbniat ki shim ia ka bynta kaba u at byrtun, katba ia ka pangkhmat, ki shu pyrsad da ka um jyrmie.

12. **Khariew** : U khariew u dei u ba long bih ia ka dohkha, bad kiwei ki dohwah. U long dawai pat na ka bynta ka satrew ksew bad blang.
13. **Khariew Niangmliar** : Une ruh u dei u jait khariew uba ki pyndonkam ia u soh ban shohwah. Ia u soh ki bam ki mrad.
14. **U Krot sha** : Une u Krot u don tang sha ri syaid. U met syriem ia u bat kseh. U met u saw hoin hoin. Sha Khadar Shnong, ha ki jingia dihsha paidbh don kiba pyndonkam slasha da u krot. Ka sha krot ka saw bha. Ki soh krot, ki heh kat ki soh jong u shabuk ne tluh ri lum. U jyrmie u jwat tangba kim da pyndonkam ban the ei ei.
15. **U Krot iong** : U dei na ki jait jyrmie don shiah. U don tang sha ri tbian. Ka thut jong u Krot iong ba dang lung ki ju tah dawai khaid.
16. **Krot Lieh** : U dei uwei pat u jait Krot uba pur kum u jyrmie. U phuh syntiew ha u April. Ki phuh ki long phom phom. Don ki jaka ba ki bam ia u lung jong une u Krot.
17. **Krot rit** : Kine ki jait krot ki don ha rilum bad ri jrong. Ki pur hynrei kim jrong. U jyntang u jwat, hynrei kim da kham pyndonkam ban teh ei ei.
18. **Soh kyrwoh** : U dei u jait jyrmie uba heh bad eh. U don tang ha ri tbian. U phuh por lyiur bad ki phuh ki heh bha. U soh u syriem ia u soh bel. Haba u la ih u saw syngiang. Uba bang ban bam. Ki bam ki briew, ki sim, u bshad etc.
19. **Mie mynruin** : U don ha ri tbian bad ri jrong. U long jyrmie heh, tangba um da jwat, U soh u ih por lyiur. Ki bam bha ki ki sim heh kum ka wahku sohlyngngem etc.
20. **Ka Nub** : Ka nub Ka dei kaba heh tam na ki jait jyrmie baroh. Ka pur jngai da ki phew bad spah phut. Ka soh nub kaba bang shibun ban bam. Ka long ruh ka sabon jong ki ki riew rim. Ha ba jingshisha, haduh mynta ruh dang don bun kiba sleh khlieh da ka nub. Ka jyntang bad ka soh ruh ka long sabon. Haba sleh da ka nub, ym ju don thyllieh. Ka phuh syntiew ha u May June U ngap u boi

bha. Kumta ka iarap ban kyntiew ia ka kam ringap ruh. Ha ka shilieng ka soh nub, don haduh 10 naduh 15 tylli ki shyieng nub.

21. **U Sohkhlot heh** : U dei na ka jait jyrmie kiba don tang ha ri tbian. U jyrmie u jwat tangba u heh mat. Kumta kim ju pyndonkam teh jingteh. U soh u heh kat u kwai rit. Uba bang shibun. U long ban bam thang bad bam shet. U bshad u bam bha ia u soh khlot. U phuh por Pyrem bad u soh u ih por khmat tlang, Ki sla ki jyrngam bad rben.
22. **Sohkhlot rit** : Une ruh u syriem eh ia u Sohkhlot heh, tangba ki soh jong une u jait ki heh tang kat ki soh laper ei ei. Une u jait ruh uba long ban bam.
23. **Soh Dalia** : Ka dei na ki jait jyrmie heh tangba kam long ban teh jingteh. Ka soh jong ka ka syreim shibun ia ka soh myntait. Ka ih por lyiur.
24. **Mie jynriew** : U dei na ki jait jyrmie heh. Ka soh ka syriem kum ka soh nub, tangba ka rit. U don tang ha ri tbian. Ki ju ngeit ba u suid tynjang u shong ha u 'mie jynriew. Ki iathuh khane ba uwei u briew mynhyndai u siat ia u suid tynjang da u khnam. Uta u suid tynjang u la phlei snam. U briew u la bud dien na ka jingjaw snam. Ynda u la bud jngai, u leit lap ba u khnam jong u, u neh den ha u 'mie jynriew. U jyntang jong u 'Mie jynriew u long dawai pangmat uba bha.
25. **'Mie thymmai** : Une u jyrmie u dang wan mih ha Meghalaya ha ki snem 1970 ne 71. Don kiba khot ia u u jyrmie Refugee namar dei ha ka por ba wan ki refugee na East Pakistan (Bangladesh) Don pat kiba khot u 'mie Meghalaya, namar u wan ha ka por ba ioh State Meghalaya. Don pat kiba ong u 'mie lehlah.
 Une u jyrmie u la pynjutor bun ia ki jingthung ri-war, synsar etc. U phuh syntiew por tiang. U ngap u^oboi bha ia ki phuh jong u. Hynrei ha ka por ba phuh bha une, ka ngap ruh ka lam kthang. Une u jyrmie u long pat uba pynsboh ia ka khyndew. Ka khyndew kaba mala, haba la

taplup une, kan sa sboh bad bha. U sla jong u, u long dawai ban tah ia kaba mong.

Une u jyrmie u la sdang poi sha Assam ruh khamtam sha Lower Assam. ha u November ka snem 1980, u la poi haduh rum New Bongaigaon.

26. **Sohmynxhong** : U don tang ha ri tbian. U soh u syriem ia ka soh jrumshiah. Ki bam bha ki sim. U met jong u u long dawai niangmaw sniang.
27. **Sohlynshang** : U don ha ri tbian bad ri jrong. U phuh syriem ia ka tiew shlim. U soh u ih por synrai. U shyieng u long bam. Ia ki soh ka bam ka sim. U dohmet u long dawai niangtrew sniang.
28. **Soh mynthar** : Une u jait jyrmie um da don kynrei. U jyrmie um jwat, u sla u heh. Ia u soh ju bam ki briew
29. **Soh kroi** : Une u long sha ri tbian khamtam ha ki rud wah. U syriem ia u kerala. Ju bam jhur ha ka juh ka rukom kum u kerala. Don kiba shna dawai na u soh kroi
30. **Jaler** : Une u don tang sha ri tbian. Don kiba khot u mie btuit. U long dawai suhot. U dei uba pynmih u ksai uba jem bad ba jwat bha.
31. **U Bat Rahoi** : U jyrmie uba khain kher kher syriem sohkhaing, man ka mat u don ar sla. U mih ha ri tbian bad ri jrong U phuh stem por synrai. Ia u thied ki pyndonkam dawai niangsohpet bad dawai bih.
32. **Mie sohlynsnam** : U jait jyrmie uba don tang sha ri tbian. U long jyrmie heh. U soh u ih por tlang bad ju bam ia u soh.
33. **U Kynsew** : U dei u jait jyrmie uba mih tang ha ri tbian. U pur jngai bha. U phuh rong japang ha u October. U long uba long ksai uba bha. Na u ksai kynsew, ju thain iarong iadep etc.
34. **Mie Lyngkyrneng** : U don tang sha ri tbian. U jyrmie uba lieh bad u heh mat. U phuh phom phom por synrai. Ia u jyntang don kiba shna dawai ba-iong-khlieh tang ba kim ju dih, ki shu kyllan. lada dih u long bih.

35. **Bat Kseh** : Ki sla kiba rit, u dei u jait jyrmie rit uba met bun bha. Na uwei u tynrai uba heh don haduh 8 ne 10 tylli ki met. Ia une u met, ki shna dawai niangsohpet. U phuh syntiew por Synrai. U don kynrei eh ha ka Reserved Forest, Upper Shillong.
36. **U Ler** : U dei u jait jyrmie uba mih ha ri tbian. U juh ha ki jaka krem ha ki rud wah. U sla u syriem ia u tympew tangba u kham jrong. Ia u sla ki bam kwai ha ka jaka u tympew.
37. **U Ler Shrieh** : U syrim shibun ia u ler. U mih ruh ha ki juh ki jaka ba long u ler. Une um long bam. Lada bam u pynking khlieh.
37. **U pew Daloi** : U dei u jait jyrmie uba syriem ia u tympew. Hynrei ki sla ki shu kham heh ia u sla sohmrit. Ia une ruh don kiba bam saw ha ka jaka u tympew.
39. **Milieh** : U dei u jait jyrmie uba long ha ki jaka riat. U mih thit kaba lieh bha. Ia ka thit miheh ki sain thit bad ka thit sohphan.
40. **U bat tyrohin** : Une u jait jyrmie rit uba mih tang ha ri tbian. Ki thied jong u ki long dawai na ka bynta bun jait ki jingpang. Don kiba khot ia u bat tyrphih u "Kmie dawai". U long uba rem dor eh. Ki sla k heh syriem ia u sla tympew tangba k stang. U thied uba kthang. U long uba bha eh kum ka dawai bih, dawi suh kpoh, pangkhlieh etc.
41. **Jalkhan dieng** : Une u dei u jait jalkhan uba heh – u jyntang u byrlieh. Ki soh ki heh syriem kat ki soh tluh ri lum. U long uba soh ryngjub. Ki bam bha ki sim heh, u long ruh ban bam ki briew. U jyntang jong une u jalkhan u jlih bha.

KI DOHKHA

Ka long kaei kaei kaba sngewtynnad ban ong ba ka Ri Khasi-Jaintia ka long kaba dap kyrhai ha ka jingdon ka spah mariang. Ha ka jingdon jong ki dohum kaba kynthup ia ki dohkha ba bun jait, dohthli doh tham, dohpieh dohjiar etc. Ki don byrlien-byrhien ha ki wahbah bad ki wahduid jong ka. Khnang ban pyni ia ka jingdon jong ngi ia kine ki spah ba kordor, ngin ia jer ia ki bad ia ki katto katne yn ia ai lyngkot ki jingbatai. Ka jingbatai ba kham bniah ia baroh, kyrmen ban sa ioh ha kawei pat ka kot ban dang pynmih.

1. U 'khasaw thylliang – une u long byrsaw bad oh doh.
2. U 'Khasaw – byriong, u kham heh bad lyngkot.
3. U sher syngkai une u thohbriaw khamtam na shadien
4. U 'sher wahbah – une u long uba heh bad thohlieh ka met.
5. U 'sher lyngkdon – une u dei uba rit
6. U 'Khalad : (a) U 'khabuit – une u kham jrong shyntur,
nep bad rben
7. (b) U 'Khalad stang shyntur – Une u heh
bad jrong kumba arpruh no arpruh
shiteng.
8. U 'Khasmet : u dei u jait dohkha uba khia, uba shipruh
ne shipruh shita u khia haduh 5 ne 6 kg.
9. Ka 'kha snad .
10. Ka 'kha thohpan
11. U main wah rit – u' kham rit
12. U main wahbah – une u kham heh bad kham iong
13. U dohthli – u li iong
14. U 'lisaw
15. U 'liktieh
16. U 'lisiaw – une uba par kyllong
17. U lipla –uba iong jyrngam bad uba bang eh ban bam

18. U Kha puria
19. U 'Kha-kulai. Don kiba khot u 'khatien, don ruh kiba khot u 'kha doh. Ka shyntur ka syriem kum u kulai.
20. U 'kha tun
21. Ka 'kha shai – kane ka don shiah na dien kum ka kha snad
21. U 'kha bsein
23. U ' khamakur
23. Ka shalynnai
25. Ka shalynnai saw
26. U doh ka shyntur ka long sohbruh
27. Ka 'khaiong
28. Ka 'kha sniang
29. Ka 'kha iongbyrbit : kane ka dei kaba rit bad ka shyntur ka saw
30. Ka 'kha bam shyiap
31. U 'khabniang : u rit bad jrong kumba 6 haduh 10 iashi. Ka khmut jong u ka jrong bad ki baiat kiba kum ka kurat.
32. U 'kha bsein
33. U 'khakhla : ka met jong u kaba dambit
34. U triang stem : une u kham rit
35. U triang : ka jable jong u ka long dawai, u jrong lai haduh saw phut.
36. Ka kkha thoh tdong : dei na kane ka dohkha ba ki shan tungtap
37. Ka kha hyngki
38. U 'khababia : u syriem eh ia u khabuwar, u heh ka kpoh bad jrong kumba 6 haduh 8 inshi
39. Ka khakoi kane ka kham rit ia ka kha sniang
40. Ka kha syiem
41. Ka 'kha putli (ka kha phiahliang)

42. U 'khatynriew
43. U khakot
44. U 'khabuwar stem u heh bad jrong kumba shiphut shiteng
haduh arphut shiteng.
45. U 'khabuwar lieh
46. Ka 'khaiapthngan
47. U 'khasohramdieng : une u ia syriem ha ka jingheh jingnt
kum u kha kakot
48. U 'kha kyoh : u thohrew itieng, ka shyntur ka heh bad
lyngknep kum ka jakoid tangba u don shnet bad tdong.
49. U 'khatlong : uba la heh u khia kumba lai haduh hynriew
kg. bad jrong hapdong shiphut haduh arphut shiteng
50. U 'kha blusheng ne balusheng
51. U 'kha hur (saw ka kpoh bad ki sngab)
52. Ka kha hingki ka don sni syrem ia u khamakur
53. Ka khasniang
54. Ka khakoi
55. Ka khakoi Japan
56. Ka khablang
57. Ka khaputhia
58. Ka khabasa
59. U khahilu
60. U dohbah ne sherwahbah
61. U lyngkdon
62. U shersyngkai
63. U dohkthang
64. Ka khabyrthieh ka heh tang kat ka tikmie, sawbyriong na
tdong (ka don sha Umiam)
65. U dohbirtun – ka shyntur ka long kum ka syntur kyndad,
u heh bad lada ot dkhot la long 7 no 8 dkhot. (u don sha
Umiam)

66. U sherwanduid Bun na ki doh um ki ia kiew ia hiar, ki sher wahduid imat ki shong sah ha ki wah rit. Don kiba khot 'u sher shnong, u kham bang ban ia ki shor wwmbah.
67. U sher buitmaw.
68. U sher pynthor, ia une ym lah ban pyniapher than na u sher wahduid.
69. Ka khashira
70. Ka khaski
71. Ka khaputhia
72. U lipor u jait dohtli uba kham stem (u don sha ki wahduid Mawkhot)
73. U khakot
74. Ka khatyngkra
75. Ka kha rita
76. Ka kha nanin
77. Ka khabaw
78. Ka khabyrtuh
79. U khatynriew
80. Ka kha kahia (syriom khakoi)
81. Ka khailong
82. kharoin
83. Khashilot
84. Ka khashitor – ka heh, ka jrong bad lyngknep kum ka khablang, ka khia lai haduh 5 kg.
85. Ka 'kha ilisa ka long rong rupa. Ka kham heh ia ka khaski ne puthia
86. Ka 'kha bah
87. Ka kharew
88. Ka kha kahia – ka kham rit ban ia ka kha koi, ka syriem shibun eh ia ka kha koi ka long rong ktieh-bthuh
89. Ka kha-Amerika-ka syriem ia u kha kulai tangba ka kham rit.

90. U kha kushia u sawblad, lam stem, u jrong kumba 3 ne 4 phut. U ia syriem ia u khabsein
91. U khatyngkra – u syrioem ia u kha sohramdieng tangba u rit (3 haduh 5 inshi)
92. U kha Rongsit – U syriem bha ia u kha tyngkra, u rit (3 no 4 inshi)
93. Ka 'kha pdok – Kaba pyllon bha ka kpoh, ka dap tang ka lyer.
94. Ka 'khaiong byrbit

Nalor kine ba la jer haneng, ki dang don bun jait ki dohkha ia kiba ym pat shym la kynthup hangne. Kibadon ha ki wah bah bad ki wah rit ka Ri Khasi Jaintia bad ha kiwei ki bynta ka Meghalaya.

Kine pat harum ki long ki jingpyniabynta kynhuh kynhun kat kum ki jingsyriem jong ki.

- | | | | |
|----|--|-----|--|
| 1 | Ka khasaw thylliang
Ka khasaw byriong
U khalad
U khasmot
U khakulai, khation
bad khadoh
Ka kha Amerika | 8 | Ka Khaski
ka khahilong
Ka khabamshyap
Ka khaputli
Ka khaipthngan
Ka khashalynna |
| 2 | U triang
U Shersyngka | 9 | U Kha kushia
U khabsoein
U khatynriew |
| 3. | U khamakur
U khhengk | 10. | Ka khaputhia
Ka khaiong
Ka khabah
Ka kharew
Ka khatohdong |
| 4. | U khabuwar
U khababia | | |
| 5. | Ka Khashitor
Ka khablang
Ka Khaelisa | 11 | U khatlong
U khahur
U khathli heh
U hpla
U khathli rit
U khabulusheng |
| 6. | U khasohramdieng
U Khakakot
U Kharambasa
U Khakhla
U Khatangkra
U Kharongsit | 12. | Ka jgabasa
Ka Khahilun |
| 7. | Ka Khasniang
Ka Khakoi
Ka kha kahia | 13. | U dohjei
U dohsher |

U BSHAD U NONGTHUNG DIENG BAKHRAW TAM

U bshad u dei u mrad khlaw, uba lehse baroh ngi la ia tip kyrteng lut. U long u mrad uba itynnad ban peit. Ki shniuh kiba jem bad long rong dpei. U tdong uba jrong kyntub. Ki riewstad ba dei ia ki mrad ki mreng ki jer Paguma larvata. Ki don arjait ki bshad, uwei u jait uba kham rit, uwei pat uba heh. Ia une u jait uba heh ki khot u bshad khongrah.

U bshad u juh eh ban shong ha ki ri eh ri dam khamtam kiba bun ki riat ki ram bad ki krem ki kroh. U dei ruh u jait mrad uba sngetynnad ban shang kylleng. Wat la u juh ban shong ha ri tbian hynrei teng teng u poi wat ha ki ri khriat ruh. U bshad u long uba skhem ka kti ka kjat, u lah ban shu par wat tang na u wei u jyrmi ruh ban kiew ia ki dieng bah bad ki riat ki ram.

U bam bha ia bun jain ki soh dieng. Na ka jait soh dieng kiba u bam bha, katto katne na ki lah ban jer hangne kum ka soh tyngkieng bshad, brah, soh khlot soh lurpung, soh lyngkait, soh pyllan, soh lymwai soh shiat, soh thylliang, soh buitrieh, soh thri, soh iong, bad bun kiwei kiwei. Nangta u bam bha ruh ia ka kait bad sohtrun.

U bshad haba u bam ia kino kino ki jait soh, u nguid lang bad ia ki shyieng baroh. Kaba lyngngoh shuh shuh ka long ba um ju ktha ia ki shyieng. Kat ka jingheh ka shyieng soh brah, soh khlot, tlai, soh thri, soh pyllan, bad kiwei kiwei, ia ki shyieng jong ki u shu nguid tylli baroh. Ka kait'iang (na kaba ioh khoit kait) kane ka bun ka shyieng ban ia ka dohmet. Ia ki shyieng jong kane ruh, u shu nguid lang baroh.

Kumba la ong sha khmat, u bshad wat la u juh eh ha ki lawbah lawsan, hynrei u long uba mlien ban ia id kylleng ia ki lum ki wah bad ki riat ki ram. Ia kane ka lynnong ngi la ai ka mat ba kongsan "U bshad u nongthung dieng ba khraw tam". Ha kano ka rukom?

U bshad u thung dieng lyngba ka jingleit khyndew jong u. Na ka shi jaka ba u bshad u leit eit, ki mih lang ki shyieng soh dieng kiba u nguid, la iarap ban pynsaphriang ia ki da kiwei pat (different agencies) ha ki rukom ba pher ba pher. Ka kum slap ka iarap ban krei bad pynsapra ia ki, lada dei ba u leit ha um ha ki wah, ka um ka kit ia ki, nangta ka sa kyntait ia ki shying sha rud wah. Ki jait dieng ba la pynphriang bun eh ha kane ka rukom ki dei, ka tlai, soh pyllan, barh, soh lymwai, soh khlot kaitshyieng bad kiwei. Ia kine ju lap kynrei eh ha ki phud. Kane ka long namar ha kawei na ki jinglien jong u bshad ka long ban leit eit ha um ha ki wah. Imat u leh kumne, ha ka por ba u leit dih um artad.

Don sa kiwei pat ki para mrad kiba pynpra ia ka eit bshad kum ka iarkhlaw, khroit, pyrkhaw, sim pieng, kairiang, kaitor, ka khnai, u risang, u sharyntin, khmud, sim kradwieh, etc. Na kane ka daw, wat la u bshad u leit eit shi jaka, hynrei kham bunsien ki dieng bad kiwei kiba mih na ka eit bshad kim ia lang lynbung eh, tang teng teng ngi lap ba ki ia mih lymbung khlem da pynsapra ia ki.

Sa kawei pat kaba ngi ju iohi ka long ba don ki jait dieng, shim nuksa kum ka tlai, kawei kawei ka tlai ka soh da ki phew bad spah kilo, ki soh jong ka haba ki la ih ki hap hynrei ju lap tang khyndiat eh kiba mih hangta. Ki shyieng tlai kiba leit eit u bshad pat, ki mih bha. Kane ka dei namar shuwa ban thung imat donkam ban da pynkhluid ne pynsyaid ia ki shyieng. Imat haba ka la shong bun kynta ha ka kpoh u bshad, ka la biang ka jinghluit ba kan pait shyieng bha (germinate). Sa kaei kaba ngi ju iohi, la lap ba kiba bun ki shyieng soh dieng ba u eit u bshad ki mih bha la jan baroh. Lada ngi shim ban buh jingkein, shu buh antad kaba kyndiat eh (minimum) ha ka shi sien eit u bshad ki mih 10 tylli ki dieng. Ngim shim ruh ba u eit shisien shisngi. Ha ka shi snem u thung dieng, kait jyrm etc. haduh 3650 tylli. Ha ka shi rta bshad katno phew hajar ki dieng u thung.

Hadien ba la ia pynshongnia bin-pa-bin shaphang u bshad, ngam artatien ei ei, ba ngin ia mynjur lang baroh ban ong - "U bshad u nongthung dieng ba kharaw tam."

Mynta baroh ngi ia im sngi ban thung dieng. Ka Sorkar kmie bad ki Sorkar jylla, ki la ia sei bor tynggeh ban thung dieng da ki millian tynrai Ka la dei ka por, ba iwei pa iwei na ngi ngin ia im sngi ban thung dieng. La ia thuh ia ngi ba ka Sorkar ha Indonesia, ia uno uno u nong Indonesia u bym thung dieng ha ki san snem, kim niew ba u dei u nongshong shnong jong kata ka ri.

Haba phai biang sha u bshad, haba u long u nongthung dieng katne katne ha rilum jong ngi, la dei ba ngin niew ia u ba u long u para lok bad u nong iarap ba khraw. Kumta ngim dei ban shu pyniap runar ia u. Lehse kan long kaba bha shibun eh lada na ka liang ki bor Sorkar ruh, kin kynthup ia u bshad, ha ka list jong kito ki jait mrad kiba ngi dei ban ri tyngkai ia k1.

U WIEH UBA PHYLLA

U Wieh u dei u jingthaw uba don ha ki ritbian bad ri jrong, ha ka ri shit bad ri khriat. Ngì ju iohi ia ki wieh ba ki don bun jait. Hynrei kiba kongsan eh lah ban jer katto katne.

(i) **U Wieh tung** : Une u dei uba iong bad uba heh. Haba u la par pynjrong ialade u don haduh shiphut shiteng haduh ar phut. (ii) **U Wiehlieh** une ruh u dei uba heh, (iii) **U Wiehkait**, une u dei uba rit. (iv) **U Wieh jular**, une u dei uba kham don kynrei ha ki kper ki phrah, ka met jong u ka khain kher-kher. (v) **U wieh saw** une u dei u jait wieh uba bun paid eh. Nalor kata, une u jait wieh u dei uba kynriah jaka da ka kynhun paidbah kaba ym lah khein shuh.

Ha kane ka lynnong, ngin ia kren kham bniah ia u wieh uba kynriah jaka man ka snem. Ha kaba ia dei bad kane, ngin ia kren ia kaba jia bad iohi ha Khadar Shnong, ki ju khot “**Ka Kiew wieh**, ka **Hiar wieh**.”

Ka kiew wieh bad ka Hiar wieh ka dei kawei na ki jingphylla ha ka mariang.

U wieh u kiew na ki wah lane na ki phud kiba u shong tlang ha u bnai April-May. U ap ia u slap bad haba u la iohi ba la wan u slap uba neh bun sngi, u sdang ban ia kiew paidbah. Shisien ba u la sdang kiew um ju shongthait. Hynrei lada ka bneng ka rang ne sangeh u slap, u rieh shwa shipor.

Ka jingkyli ka mih - Haduh haei u kiew, ju iohi ba ki don ki wieh kiba kiew tang haduh shiteng lum, don kiba kiew haduh jan kliar lum. Kiba kiew haduh kliar lum kim da bun eh. Haba shu peit antad, kiba bun eh ki wieh ki pynkut haduh ka jingirong kumba 1500 haduh 1600 meter na sla duriaw.

Kawei pat ka jingkylli - Ki shong slem katno ha kane ka Jaka? Kane ka dei ka jaka ne iing shong Lyiur jong ki. Ki sah ha kane ka jaka kumba san bnai. Kata haduh u September Ha ka taiew Khadduh u September lane taiew nyngkong u October Ki ia hiar paidbah.

Ha ki jaka shong lyiur, ki wieh ki nang ia kha-ia roi bad ia kane lah ban ithuh shai. Ha ka por ba ki kiew, kim da bun eh haba nujor bad ka jingbun ha ka por ba ki hiar. Ha ka por ba ki hiar, don jaka jaka ha kaba ki ia poi lang, ia ka khyndew baroh la tap da u wieh. Ka jingbun ka long haduh katta, ba ym don jaka shuh wat ban buh kjat ban iuh. Dei ban leh kumne man ka sien jam. Lada shu iuh halor wieh lah ban btuit bad ur, namar ba u wieh u long uba btuit.

Kane ka jingrben wieh ka lah ban neh ar haduh lai sngi ha kata ka jaka.

Kawei pat ka jingkylll ka mih - U wieh u leh aiu ha ki jaka shong lyiur?

Kane ka dei ka jingkylll kaba donkam tam, namar ka plie ia ka jingiakren kaba kongsan eh ha kane ka lynnong. Ha ka jaka ba bun wieh, ngin iohi ba ia ka khyndew lor baroh la ia khleh lang bad ka eitwieh. Ha ki ri lum ba rben phlang, ha ka por sain ding phin iohi ba ka paw tang ka eitwieh. Ka eitwieh ka long ka sbob kaba bha shibun eh. Uwei u Scientist uba pawnam u Charles Darwin, u ong ba u wieh u pynmih sbob haduh kumba khadsan ton ka sbon ha ka shi akar ka jaka.

Ki Nongrep shyrtie (Jhum) ha Khadar Snnong, ki ju ialeh shitom ba ioh rep ha ki jaka ba bun wieh wat lada kata ka jaka ka kham rem dor. Ka daw ka long namar ba ki tip ba ki jingthung ki seisoh bha ha ki jak ba bun eitwieh. Lah ban ong ba ka rep shyrtie (Jhum cultivation) ka dang bha haduh mynta, ka dei namar ka jingbun wieh.

Ha ki jaka shong lyiur, u wieh u trei kam bha (active). Hynrei ha ki jaka shong tlang, u shu shongkhop. Ha kine ki jaka shong lyiur, u sam thliw ia ka khyndew, por miet u mih shabar, u pynsboh ia ka khyndew da ka eitwieh kaba da ka khyndew hi ia kaba u la sei napoh khyndew. Da kaba u leh kumne, u sam thliw ia ka khyndew, kumta ka um slap ka ioh ban rung shapoh bad pynrung lang bad ki sbob jong ka 'dewlor. Ka lyer ruh ka ioh ban rung shapoh lyngba kine ki thliw. Kumta u wieh u bun kam bha bad um ju shongthait na ka bynta ban iarap ia u nongrep. Kane ka dei da shisha ka jingtrei kaba phylla eh jong ka Mariang.

Kawei pat kaba ngi iohi ia ka jingphylla ha ka jingim jong u wieh ka dei kane. Ha ka por ba u hiar na ka jaka shong lyiur ha u September-October, ki don ki jaka kiba u hiar shaduh ki wabhah. Ha shwa ban poi ha ki wah, u la tip lypa ba ki dohkha ki la ia ap shriak ban ioh bam wieh. Kumta para wieh ki leh kawei ka kam khnang ba ki dohkha kin ym ioh ban bam ia ki. Ki leh kumne.

Ki klí lang lun-mlun para wieh, kane ka lynglun wieh ka heh kat ka bor (ball) heh jong ki nongialeh World Cup, teng-teng ka kham heh ruh wat ia ka bor. Haba la poi harud wah, ki pynhap na ki maw ne mawsiang, **phum ha um**. Ki dohkha ki kyndit bad ha kata ka por, ki wieh ki ia pra lut bad suh wut-wut sha ki shyiap ne krem maw. Kumta ka dohkha, lada ka ioh bam ia ki ruh, ka ioh tang iwei ar. Ki wieh ki stet palat ban phet ha um.

Ki don ki jait wieh kiba iai don sah ha ki kper ki phrah lyiur bad tlang. Kine ki kynthup ia u wieh jular, u wieh leh, u wieh kait etc. Kine ruh ha la ka jong ka rukom im ki ia kynriah jaka, tangba ki shu kynriah najan hajar. Ju iohi ba ki shu ia mih bad kynriah teng teng hapoh ki kper. Kine ruh kiba iarap ha kaba pynsboh ia ki kper ki phrah.

Kane ka jingtrei jong ki wieh kan dang iai iarap ia u paid nongrep namar ba ka jingtrei jong ka Mariang ka long kaba ryntih bad kaba neh. Kawei pat kaba phylla kaba ngi iohi ka long ba haba u wieh u la hiar bad poi ha ki wah, ym ju don lapbah shuh ka oiom lophah ka la wai.

KI SIM KI DOH

Ka Meghalaya ka long kaba riewspah ha ka jingdon ki jait sim ba bun jait ha k_i khlaw ki btap, ha ki ri jrong bad ri tbian. Hynrei ka long kaba eh ban tip lut ia ki. Ha kane ka kot yn pyrshang ban jor ia ki kat kiba lah ban tip. Kawei pat kaba ngi iohi ba ki don katto katne k_i jait sim kiba don bun ha ki por ba kham mynshwa hynrei k_i la nang khyndiat mynta. Don ruh ki jait sim kiba ju don mynshwa, hynrei ym lah shuh ban iohi ia ki mynta. Kine ba la jer kyrteng hangne ki long kito kiba dang lah ban shem ia ki.

- | | |
|--------------------------------|------------------------|
| 1. U shyrwat | 21. Ka phreit |
| 2. U shyrwat bthuh | 22. Ka phreit saw |
| 3. U sik-kak | 23. I shoin |
| 4. Ka phniang jaung | 24. I shoin stem |
| 5. Ka lyntait | 25. I shoin saw |
| 6. Ka lyntait bthuh | 26. U simpadi |
| 7. Ka sain | 27. U simpuhwieh |
| 8. Ka simpieng | 28. U simpuhdieng |
| 9. U kub | 29. U kynjar |
| 10. U kaitor | 30. U kynjar stem |
| 11. U kairiang | 31. I simnohkhongpong |
| 12. Ka simslang | 32. Ka tyndep |
| 13. Ka pyrkhaw | 33. Ka simbsa |
| 14. U Pukrong | 34. Ka simshrtong khla |
| 15. U jalyeit | 35. Ka simtung |
| 16. U jalyeit kyreng | 36. U simshaid |
| 17. U Jyllub | 37. Ka porkdait |
| 18. U kynjriap | 38. Ka sim syiar |
| 19. Ka rawtem | 39. I sim syiem |
| 20. Ka rawtem ne
phaidpuraw | 40. Sim mraw |

41. Ka sim snad
42. Ka lyngdkhur iong
43. Ka lyngdkhur rit
44. Ka lyngdkhur
thohkhroin
45. Ka wahku lane
lyngbyrku
46. Ka sohlyngngem ne
lyiur
47. Ka khyrngem (heh
jan kat ka syiar)
48. U rynnaiw
49. U simsohphoh
50. Ka simnairsaw
51. Ka simsyllai
52. Ka khohlasam
53. Ka simkhar
54. Ka simkhar khlaw
55. Ka saro
56. Ka saro khlaw
57. Ka sim didiaw
58. Ka sim leitiew
59. Ka tyut
60. Ka Maipap ka kong
61. Ka tyngkiap-kiap-kiap,
kop-kop
62. Ka paitpliar
63. Ka sim khyndew
64. Ka sim thohmat
65. U aim die kmie
66. Ka larni
67. Ka kynpiat
68. Ka kitbru
69. Ka swalia
70. Ka lieng iong
71. Ka lieng jathang
72. Ka khlieg
73. U kbeit
74. U kbeit iong
75. U kbeit lieh
76. U kbeit byrsaw (uba
rit)
77. Ka tyngab
78. Ka tyngab dkhar
79. U kohkarang
80. U- (uba rit)
81. Ka syiar khlaw
82. U iartung
83. U iarkdait
84. Ka khroit (kat ka
iarkhiar)
85. I simsla
86. I simlakhiat
87. Ka mrit
88. Ka mrit iong
89. Ka mrit thohrew
90. Ka mrit bthuh
91. Ka mrit sohpieng
92. Dkhoh lasam
93. Ka dkhoh niahli
94. Ka dkhoh kub
95. U langlit
96. U Riahsei

- | | |
|------------------------|------------------------------|
| 97. Ka sim krai | 122. Ka sim tak-tak |
| 98. Ka sim shrieh | 123. U klew |
| 99. Ka lyntliew | 124. Sim saindkhar |
| 100. U khliangwarkad | 125. Sim nailar |
| 101. U jropkik | 126. Sim puhnei |
| 102. Ka kjat koke | 127. Ka sim um |
| 103. Ka sim kba | 128. Sim kynjiaw heh |
| 104. U diphong | 129. Sim kynjiaw rit |
| 105. U jalboit-liaj | 130. Sim kjit sla |
| 106. U moina | 131. Sim surong |
| 107. U moina tyngab | 132. U jalboit thohrew |
| 108. Ka simpria | 133. Ka kynpiat |
| 109. Ka simpohbsah | 134. Ka simsier |
| 110. Ka lyngthngah | 135. Sim mangkariang |
| 111. Ka khwak | 136. U Simpuhdohkha |
| 112. Ka simjalong | 137. U koh karang |
| 113. Ka simpadai | 138. Sim shyrtongkhla |
| 114. Ka simkohtik | 139. Ka khapsnem ne
ku-ku |
| 115. Ka simskain | 140. U Pukni |
| 116. *Ka sim job-job | 141. Ka shabaiat |
| 117. I sim sharai masi | 142. Ka iarkhiar |
| 118. I simplhang | 143. U kukuit |
| 119. I shapuloit | 144. U simshaid |
| 120. I sim thohshaid | 145. Ka larni |
| 121. Ka sim at-at | |

U DIENG SNING

U dieng sning u dei u wei na ki jait dieng kiba la rim tam ha ka pyrthei. Nalor ba u long uba la rim eh, u dei ruh napdeng ki jait dieng kiba hoh kur eh. U dieng sning u la paw kyrteng ha ki Khanatang u Khasi naduh dang lung ka Sngi u Bnai. U Khasi u iathuh ba mynba ka sngi ka la phet bad la dum synia ka pyrthei baroh, dei u syiar uba leit ban leit shaw ia ka ba kan wan phai biang. Ha ka jingleit lynti kaba jngai shaduh ki lyngit ka pyrthei, sha Krem lamet sha Kren latang, u syiar u la dei ban sah miet ha lynti. Ka khanatang ka ong ba haba u syiar u la dei ban sah miet ha lynti, dei ha u dieng sning ba u ju thiah miet haba la lap ka miet ka iong. Ha ka Baibl, ngi lap ba u dieng sning u la paw kyrteng naduh ka Kitab Genesis. Hangne ngin jer ia ki jait dieng sning katba lah ban ioh :

(1) **U Sningsai** : Ia ki sla jong u ki bam bha ki khniang kum ka niangsbai, 'niangsohum, 'niangsohriew, 'niangsohphoh etc. (2) **U sningsai** : une u dei uba heh sla bad byriong. Ka dieng jong u ruh kam lieh kum u sningsai. (3) **U sningsai** : Une u dei uba heh sla, U dieng sningsai um jlih, Um long ban leh dieng iing namar u shroin bad pyut ki elhynrei ka um sningsai pat ka long dawai. (4) **U sningsai rit sla** : Une u long kum u sningsai tangba ki sla pat ki kham rit. (5) **U stap shiah** : Une u dei uba heh sla bad hap sla ha ka por tlang. U kham bun tang ha ki ri jrong. (6) **U rting lane rting** : Une u dei uba bha tam na ka byn ta ban bsa ia u khniang rusom (Oak tasar silkworm). Une u don bun bha ha lum Shillong ha ki por mynshwa. Mynta lah ban lap sa tang khyndiat eh. U kham don bun sha Ri Bhoi hynrei bun ki la thang rnga lut ia u. (7) **U sningsai** lane diengsai. une ruh uba don bun bha ha Ri lum Khasi, ia u 'ningsai ruh lah ban bsa ia u khniang rusom oak tsar (silk worm) (8) **U staplieh** : U stap lieh u phuh syntiew ha ki bnai pynnoh lyiur (may) bad ngi ioh sohot bun na une u jait sing. (9) **U stapiong** : Une u syriem shibun ia u stap lieh, hynrei lah ban ithuh ia ka jingiapher na

ki sla bad u puh kham hadien khyndiat ia u stap lieh. (10) **U patiewia** Une u kham don bun ha ki ri jrong, ki sla ki heh bad u dei uwei na kiba lah ban ioh bun bha ka um na u dieng jong u. (11) **U Sningmoh** Une u dei uwei pat u jait dieng sning u bym da kynrei. (12) **U sning shanam dngiem** : U sohot jong une u long byrtup bad um don shiah kumba long kiwei pat ki jait sohot. Ka rukom soh ka long kaba itynnad shibun. (13) **U sning sohot** : Une u dei uba beit dieng, long diengbah bad jrong u dieng sning sohot uba la heh pura na trai u don haduh arphut shiteng haduh laiphut ka pyngkiang (diameter) Une u dei uba nep bad jrong ki shiah sohot jong u. (14) **Ka diengri** : Kane ka dei kawei na ki jait dieng sning. Ka sohot jong ka ka long shaltuin Ka dei ruh kana neh rta. Katba lah ban peitthuh ia ka diengri imat ka lah ban im palat spah snem. (15) **Ka Pairsang** : Ka pairsang ka dei ka jait dieng sning kaba heh dieng. Kam don ha ki jaka ba khriat eh bad sha ri syaid ruh kam don. Kane ka dieng sning imat ka la jan duh jait namar ba ha ki ar tylli ki jaka kiba ka ju don mynshwa (Pairsang Mawthawtieng bad Pairsang Kshaid) mynta ki iathuh ba ym lap shuh ia ka. (16) **U Ningkob** : une u dei u jait dieng sning uba kham jem dieng. (17) **U sning thymbrong** Une u jait sning u kham don bun sha Ri Bhoi hynrei ym pat ioh kyrteng satia ia u, kumta la shu ai kyrteng kumne na ka jinglong jong ki sla jong u. Nalor kine ka la ai hangne, ki dang don bun tylli ki jait sning ia kita ym pat lah ban jer kyrteng hangne. U dieng shing ha la ki jait ki jait, u long uba leit kam, uba larkem, uba myntoi bad uba leitsiew shibun ha la ka phang ka phang. Ia ki jingmyntoi na u sning, ngi lah ban ai lyngkot bad kyllum kumne harum :

- (1) **Ha ka thaw ing** : U long uwei na ki jait dieng kiba ju pyndonkam eh ha kaba thaw ing thaw sem. Ki pyndonkam ban thung rishot namar u shah slem bha, uto lei uba la sad, um ju pyut. Ki shu thung beit ha khyndew. Ki pyndonkam kum u sawkhrum, u khnong. Ia uba dangrit lah ban pyndonkam kum u lphur, u patiew, u pyniar, etc. Haba u la sop pring lei lei ka jingeh jong u, un nai da ia ong than. Lait tang u 'ning sohrang u kham pyut klo'i lada

dei angem, Hynrei une pat u don la ka dor kaba ngin sa kynthoh harum.

- (2) **Uba bat ia ka khyndew** : Ha ki jaka ba bun sning, niar eh ban don ka jingtwa lum. Ki thied jong u ki long kiba skhem, kiba jwat bad thain ia ka hyndew. Don ki thied kiba ngam jylliew, don pat kiba par najan sla khyndew. Don pat ki thied kiba rit hynrei kiba jrong kine ki bat skhem ia ka khyndew.
- (3) **Uba long kiba bat ia ka jingsbur ka khyndew** : Ki dieng sning ki long kiba mlien ban mih khah. Ha ki jaka ba bun sning, ka khyndew ka sbur shibun eh. Wat la kim long na ki jait dieng kiba kynthor sla (deciduous) pynban ka jinghap suki ki sla iaw ka long kaba jur. hapoh dieng sning, ki lasew ki rben bha. Ki sla kiba la hap kat kiba nang rim, ki pyut ha ka khyndew bad pynsbur ia ka. Wat ha ki jaka kiba jur slap ruh, ka um slap ka tuid bad jiar lyngba ki lasew bad kam ioh lad ban kit ia ka khyndew (top soil). Wat ia ki phngit khyndew kiba ka kit na shaneng ruh, haba ia poi ha ki khlaw sning, ki phngit baroh ki sahkut lut ha ki lasew. Kumta ki nang pynsboh pynban.
- (4) **Ki Pynneh ia ka Um** : Na ka jingpeit bad bishar bniah, lah ban ong ba u bat ia ka jingsngem bad pynneh ia ka um. Kane ka dei namar u dieng sning ha lade hi u long uba bun um. Haba ngi leit sha lum ne sha khlaw sha btap sha ki jaka bym don um bad haba ngi tip ba don bun u sning, ngim ju da rah um di. haba lap ka jingsliang, ngi pom khyndiat ki tnad na jan tynrai sa pdiang ia ka um kaba hiar na syrtap jong u snep. Ka um ka long kaba bang bad daitthah bha. Ka um jong u sning sohrang lei lei, ka dei ka dawai pangmat kaba bha shibun. Uwei u riawtmnen u iathuh ba u koit na ka pangmat da kaba di. um sohrang. Ng iohi ruh, katto katne ki tyllong um kiba don bun u dieng sning, ki long kiba neh um shibun. Kum ban shu jer kawei ar na ki : ka Sangmein, katei ha trai u thiep lum Shillong ka dei ka tyllong um. Wat ha ka por pyrem ba tyrkhong, hynrei ka tyllong um Sangmein kam da duna than ha ka jingheh. Na katei ka tyllong, ki

ringum, u Syiem Myllem, ki Air Force, ki Farm Sarkar bad ki bsa um ia ki bun tyli ki shmong ka tipper Shillong. Lada phin leit peit ha tyllong jong ka um Sangmeih phin iohi hlem pep ia ki dieng sning ba i shongkun kiba ap phira bad kah tngen ia ka.

Ka ktieh u Jir hangthie ha jan Mawki-Syiem ka dei kaba ker da ki dieng sning. Ka khlaw Pamsohmen ka kynrei u sning - ka wah Pamdolo, Wah Dainthlen kine baroh ki dei ki wah ba bsa ki dieng sning.

5. **U Sning** u long uwei na ki jait dieng kiba pyndap jingbam ia u ngap. Don ki jait sning kiba puh ha ka por synrai-don ruh kiba puh ha ka por pyrem. Ki don ruh kiba puh por lyiur. Kumta u ngap u ioh syntiew na u sning pyrem, lyiur bad synrai.
6. **Ki mrad khlaw** ki shngain shibun ha ki khlaw sning. Don ar bynrap kiei kiei kiba pynlong ia ki mrad khlaw ba kin juh ha ki khlaw sning. Kawei ka long ba ki ioh jingbam na ki soh sning kum u sohot, shanam dngiem etc. Kawei pat ka long kiba kun bad shngain ba kin shong kin sah. Kumta ngi lap kynrei ia ki mrad kum ki skei, ki syllih, lyngkiang, risang, khmud, sharyntin, ki sim kum ki iartung, iar-bri, iar-khiar, ka khroit, etc.



*Meghalaya
the land of eternal charm the
store-house of natural wealth
calls upon each and
every one
big and small
to help preserve and protect
the environment and maintain
the ecological balance
for the well-being of all and
for the interest of posterity*

— Issued by the —

**DIRECTORATE OF INFORMATION & PUBLIC RELATIONS
MEGHALAYA, SHILLONG**

FOR BETTER PRODUCTION GROW FISH THROUGH HI-TECH

- Know your pond area
- Adopt the technology to be advocated
- Use fingerline size fish as stocking material with the improved density stocking.
- Aerate the pond for better water circulation and oxygenatin.
- Provide supplementary feeding.
- Take up better management practices.
- For further modern scientific information contact the Directorate of Fisheries (Information Wing). District or Sub-Divisional Level Office.

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GOVT. OF MEGHALAYA, SHILLONG**

MEGHALAYA KHADI AND VILLAGE INDUSTRIES BOARD

Offers

Margin Money Scheme
of

'Khadi and Village Industries Commission'

Exclusively for the Rural Artisans

*Now if you like to have your own
Industries in your Village :*

Please Contact :

Chief Executive Officer,
Meghalaya Khadi & Village Industries Board
Temple Road, Lower Lachumiere, Shillong-1
Meghalaya. Phone : 225563, 211194, 223657

MINERAL DEPOSITS ARE LIMITED
MINERAL DEPOSITS ARE NON - RENEWABLE
MINERAL DEPOSITS ARE DEPLETABLE
THEM SYSTE
EXPLOIT THEM SYSTEMATICALLY AND
JUDICICUSLY
WITH WE REGARD TO CONSERVATION AND
PROTECTION OF ENVIRONMENT
FOR
MEANINGFUL SURVIVAL OF MANKIND

For Details Contact

DIRECTORATE OF MINERAL RESOURCES
GOVT. OF MEGHALAYA, RISA COLONY, SHILLONG-793003

The Directorate of Employment & Craftsmen Training, Meghalaya, Shillong functions through a network of Employment Exchanges and Industrial Training Institutes/Industrial Training Centres in the State. The Employment Exchanges provide employment assistance of Job-seekers. They also provide general and Vocational Guidance to Students and youths in the matter of choosing their career. There are at present 7 (seven) Employment Exchanges in District Headquarters and 4 (four) in Sub-Divisional Headquarters.

Vocational Training is being imparted in 21 (twenty one) Engineering Trades and 10 (ten) Non-Engineering Courses through a net work of 8 (eight) Industrial Training Industries (ITI) and 2 (two) Industrial Training Centres (ITCS). Besides, Government of India has reserved seats in its Field Institutes outside the States in Vocational courses not available in our States.

Lets change our mind set towards Vocational Training and Make it into "A Focussed Training" for "Quality Finishing"

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**THE DIRECTORATE OF EMPLOYMENT
AND CRAFTSMEN TRAINIGN**

GOVT. OF MEGHALAYA, SHILLONG

MEGHALAYA

*the land of enchanting beauty
with all her pristine splendour
and added charm and rich
undiluted culture heritage calls
each and every one of us
irrespective of caste and creed to
preserve, protect and promote the
rich cultural heritage for the
harmonious survival and co-
existence of all people in the
interest of integrity and
posterity of our State and our
country*

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**DIRECTORATE OF ARTS & CULTURE
GOVERNMENT OF MEGHALAYA**

**Depleted forest areas
massive soil erosion,
pollution hazards,
global warming, are all
man-made problems
for his own selfish
means. Save the soil
and protect the
environment for the
cause of human
survival, by adopting
various soil
conservation
measures.**

**FOR DETAILS, CONTACT
SOIL AND WATER
CONSERVATION
DEPARTMENT, MEGHALAYA**

INDONESIA

**A TREASURE TRAVE OF
MEDICINAL AND INDIGENOUS
PLANTS**



Our Wealth

LET US

PRESERVE THEM

For More Details Contact

**DIRECTORATE OF HORTICULTURE
DISTRICT HORTICULTURE OFFICES ETC.**

STATE COUNCIL OF SCIENCE, TECHNOLOGY & ENVIRONMENT MEGHALAYA

Mission : To ensure effective utilisation of Science & Technology for all round development of the state.

Programmes

- Popularisation of Science Programme
- Introduction of Appropriate Technologies Programme
- S&T Entrepreneurship Development Programme.
- Specific Projects Programme
- Students' Projects Programme
- Science Centres Scheme
- S&T Library & Documentation

Technologies Propagated

- | | |
|---|---------------------------------|
| ● Improved Chulha | ● Low Cost Water Filter |
| ● Hydraulic Ram Pump | ● Rain Water Harvesting |
| ● Stabilised Mud Block | ● Stone-crate Block |
| ● Cement-brick | ● Micro Concrete Roofing Tile |
| ● Fire Retardant & Life
Extended Thatched Roof | ● Ferro-Cement Technology |
| ● Organic Compositing | ● Pedal Pump |
| ● Home scale paddy dehusker | ● Low-cost Cold Storage |
| ● Low Cost Oven | ● Leaf/Paper Cups/Plates Making |
| | ● Low cost Sanitation |

Technologies under Experimentation

- | | |
|--------------------------------|-------------------------|
| ● Lime Pozzallane Cement | ● Waste Paper Recycling |
| ● New Plant Nursery Techniques | ● Improved Water Mill |
| ● Biomass-based Drier | ● Plastic Re-using |
| ● Bamboo Treatment | ● Biomass-based Biogas |

Address

LOWER LACHUMIERE, SHILLONG-793001 MEGHALAYA

PHONE : (0364) 505511 (O) FAX : (0364) 505511

Email : westrd@dte.vsnl.net.in

MEGHALAYA STATISTICS

Particulars	1972-73	2001-02
1	2	3

AREA AND POPULATION

	(Census 1971)	(Census 1991)
Geographical Ares	22,429 sq. km	22,429 sq km
Towns	6	16
Inhabited Villages	4,593	5,484
No of Families	2,06,285	3 27,371
Population		(Census 2001)
Total	10,11,699	23,06,069
Rural	8,64 529	18,53 457
Urban	1,47,170	4,52,612
Density	45 per sq km	103 per sq km

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DIRECTORATE OF ECONOMICS AND STATISTICS
GOVERNMENT OF MEGHALAYA, SHILLONG

SERICULTURE AND WEAVING IN MEGHALAYA

Sericulture and Weaving are the two most important cottage industries in the State of Meghalaya. They are agro-based and home industries of the people in the rural areas. They are also the most important factor for the upliftment of the socio-economic condition of the rural areas.

The Industries speak volume of the cultural ethos and rich heritage of the people of the States. They preserve the traditional skill and knowledge by passing on from Generation to Generation.

In the absence of Textile Industry in the State, Sericulture and Weaving can play an important role for the production of silk fabrics and self-woven handloom fabrics of ethnic designs.

Training facilities are provided for the youth of the State for self-employment as well as job opportunities.

Introduction of latest technology in Silkworm rearing, seed production and economic plantation including introduction of modernised looms accessories for rapid production of handloom fabrics suited to local condition.

Motivation, awareness, dissemination of information through training and demonstration besides the necessary assistance are being made.

For Further Details

**PLEASE CONTACT THE
DIRECTORATE OF SERICULTURE
AND WEAVING DEPARTMENT OF
THE NEAREST DISTRICT OFFICE**

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**THE DIRECTORATE OF
SERICULTURE & WEAVING
LOWER LACHUMIERE, SHILLONG-793001**